



## Happy Birthday!

### Residents:

Roselyn H.	06/14
Samuel H.	06/19
Julie S.	06/28

## Activity Highlights

May there be another month like this?? We had so much fun in May National Nursing Home Week was filled with exciting activities, we had our Talent Show, our 50th anniversary, water games and more! June, we have some fun surprises coming our way, on top of our Ingleside Olympics, Father's Day, some things for Great Outdoors Month!



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

Matthew Paszcak, Administrator

Sean Barningham, Activities

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### TODAY'S SENIOR LIVING

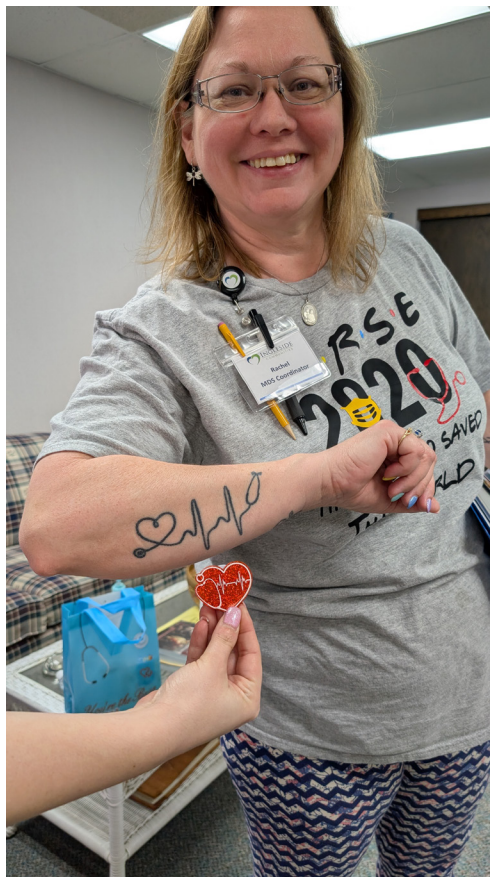
As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.

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**Wisconsin Illinois**  
SENIOR HOUSING INC.

[InglesideCommunities.org](http://InglesideCommunities.org)



# Ingleside Communities

Check out our Facebook  
& Instagram by scanning  
the QR Code



## Wish List

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donate, just scan the QR Code,  
add to cart, and ship to:

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



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opportunities that are open  
**RIGHT NOW!** Learn more  
and apply online at our  
website, under careers.

- CBRF
- Dietary
- General and Administrative
- Nursing
- Occupational Therapy

## More Activity Photo Highlights



## 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.



# More Activity Photo Highlights



## Quotes of the Month

**Loraine W.-Resident**

*"I think if you can, just go for a walk every day."*

I've been walking since I was just a little kid and I loved it! I grew up on a farm working



at a young age and getting a lot of exercise. I'm a very active person and now my body doesn't work as it used to. I have noticed that when I wasn't active my body started hurting and my mind felt sluggish. But I try to go for walks every day and exercise to keep my body and mind in shape. I feel great every time, and you should as well!

**Sofia Sanchez - Activity Staff**

*"Don't let people take advantage of your kindness"*

At a very young age I would always be very kind to others around me even if they weren't to be kind to me. It would lead me into situations where they would walk all over me and take advantage of that kindness. Ever since being told this I have lived day to day with it. I like to think that those couple of words shaped me into a better person and helped me grow more. I choose now to share my kindness to people that I know truly appreciate who I am.

## Hydration is Important

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body can prevent you from becoming dehydrated.

### Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Download a free app for your phone or tablet that can keep track and send reminders about your water intake.
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a refillable water bottle with you with the ounces labeled, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



# WORD SEARCH

Find and circle the 25 words listed. The words are hidden diagonally, across, and up and down. All words are forward-reading. Good luck!

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

**BASEBALL  
BEACH  
BOAT  
FATHER  
GARDEN  
HEAT  
HYDRATE**

**ICE CREAM  
JUNE  
LEMONADE  
PARK  
PICNIC  
POPSICLE  
RELAX  
SANDALS  
SAND CASTLE**

**SEASHELL  
SHORTS  
SUMMER  
SUNGLASSES  
SUNSHINE  
SWIM  
VACATION  
WATER  
WATERMELON**

