



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

Happy Birthday!

Staff:

Elizabeth G.
Claudia T.
April M.
Steven J.
Rebecca J.
Madalyn S.
Ashley F.
Karla L.

Residents:

Bernard Y.
Donna N.
Hector M.
Paul B.
Raymond L.

Social Media

Check out our
Facebook &
Instagram by
searching Ingleside Communities
or scanning the QR Code:



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



Walk to End Alzheimer's

We are Happy to announce Ingleside Communities will be Walking to End Alzheimer's! Our goal is to reach \$5,000 in donations. You can help us by making a donation and or walk with us! Scan QR Code for more information!

Activity Highlights: We want to give a huge thank you to some of our volunteers! We have Max that comes in daily and helps serve meals, cleans the public rooms, helps laundry and takes care of our outdoors! Coco comes and makes everyone's day better! We had a 4H group come in and share their projects with the residents, and served ice cream. It brought back memories when they were in 4H. We also had a group of middle schoolers doing their mission trip and helped redesign our bird room and visited with the residents! As these are a few out of all our volunteers, we appreciate you all, and thank you for making our residents day that much better!



Activity Photos ...continued



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. www.wisconsinillinois.org/careers

- CBRF
- Nursing
- Dietary
- Physical Therapy



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.



Short Term Therapy Success Story: Larry

When Larry arrived at our facility for short-term rehab, he was completely dependent on others for daily activities. At the time, he could barely move without assistance, and he wasn't sure

what his recovery would look like. But he was happy to know that so many of the staff that he has become close with during his stays here in the past, are still here to serve him.

to walking with only minimal support. It hasn't been easy, but his positive attitude and the encouragement from our staff made every step of his journey a little easier.



Larry has always chosen our nursing home for his rehabilitation needs, not just for the expert care, but because of the warmth and compassion he feels from everyone—especially the therapy staff. As hard as it is to see someone we know needing to come back through our doors, we are always happy to work with them again to reach their goals.

Through hard work and perseverance, he transitioned from needing complete assistance

Now, after months of determination and expert care, Larry is ready to return home. He's no longer

dependent on others and is thrilled to be regaining his independence.

Larry's story is a powerful reminder of what can happen when expert care, compassionate staff, and a dedicated individual come together. We're so proud of him and honored to be a continued part of his journey!

Simple Habits for a Healthier You

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



Move Your Body in Ways You Enjoy

Exercise doesn't have to be intense to be effective. Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



Feed Your Body & Your Brain

A colorful plate isn't just pretty—it's powerful. Bright fruits, leafy greens, whole

grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



Exercise Your Mind

– Lifelong learning, curiosity, and creativity keep the mind engaged. Try something new: take a virtual

class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



Connection Is Key

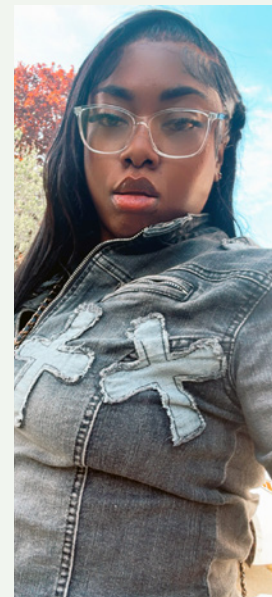
Whether it's phone calls with family, lunch with neighbors, or volunteering at a local group,

meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment. *Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.*

Quote of the Month

*"You have brains in your head.
You have feet in your shoes.
You can steer yourself any
direction you choose."*



This is exactly how I feel, don't let anyone or anything bring you down. You can do anything you put your mind to!

– Jasmine,
Business
Office
Manager

Let's Get Crafty, Silly, and Inspired!

Creativity isn't just for artists—it's for anyone who's ever told a story, tried a new recipe, doodled on a napkin, or fixed something in a clever way. **On Live Creative Day, September 14, celebrate the joy of making, imagining, and exploring on your own, with friends, family, or alongside grandkids!**

Try one of these just-for-fun ideas:



Design a postcard and mail it to someone you love.



Paint or color something—even if it's just outside the lines!



Write a story together, or make up a funny skit.



Host a silly hat parade with costume pieces and music.



Create a memory box with keepsakes, photos, or favorite quotes.

There's no wrong way to be creative, so let loose, laugh a little, and enjoy where your imagination takes you.



8 Great Ways to Celebrate Grandparents Day

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

1. Make Something Together

Craft a handmade card, bake a favorite family recipe, or create art side by side.

2. **Share a Story** - Ask grandparents to tell a favorite memory or piece of family history. Make a video or write it down.

3. **Play and Laugh** - Bring out the classic games! Connect Four, Uno, dominoes, or even a puzzle.

4. **Plan a Special Meal** - Share lunch, dinner, or a scoop of ice cream together, if you're able to visit.

5. Fresh Air Fun

Take a nature walk, stroll through a garden, or visit a favorite local spot.

6. Send a Little Love

Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.

7. **Explore Your History** - Look through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.

8. **Create a Time Capsule** - Gather mementos, notes, or drawings and seal them in a box to open together next year.

No matter how you celebrate, Grandparents Day, Sunday, Sept. 7, it is simple: spend time, show love, and make memories together.