

INGLESIDE COMMUNITIES NEWS

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

Happy Birthday!

| Staff: | Residents: |
|-----------|-------------|
| Jesse E. | Hinchey D. |
| Mel F. | Donna H. |
| Abby K. | Faelee G. |
| Craig L. | James G. |
| Claire L. | Kathleen B. |
| Makyla S. | Yolanda L. |
| | Bernice O. |



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!

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.

Newsletter Production by PorterOneDesign.com



InglesideCommunities.org

Activity Highlights: September was filled with new adventures! We opened the Ingleside Thrift Store, which will open a few times a year! So, keep your ears and eyes open for that! We also did our very own escape room, Ghost hunting (like ghost busters), we watched the Iron Man (biking), Ice Cream on wheels, and some fun activities to bring in the fall! October has some big days coming! We are Walking to End Alzheimer's, Ingleside's Spooky Manor, Reverse Trick or Treating, A whole week of dress up days, Pumkin painting/carving contest, and a Halloween Party!



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 seniorhousing.org/careers

- CBRF
- Dietary
- Housekeeping
- Nursing
- Physical Therapy
- Plant/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.



Short Term Therapy Success Story: James W.



We are proud to highlight the inspiring journey of Mr. James W, a familiar face here at our facility who has entrusted us with his

rehabilitation needs multiple times over the years. When it comes to choosing a place for recovery, Mr. James continues to choose us—citing the convenience of our location, the consistently friendly and supportive staff, and, most importantly, the exceptional therapy team that helps him get back on his feet.

This most recent stay began after a hospital visit left him feeling deconditioned and dependent on assistance for daily activities. When he arrived, he required significant support just to complete basic tasks. But as always, Mr. James approached therapy with determination—and

our Physical and Occupational Therapy teams matched his efforts with personalized, compassionate care.

Day by day, he grew stronger, regained his independence, and rebuilt the confidence he needed to return to the life he loves. Now, after weeks of hard work and dedication, Mr. James is thrilled to be heading back home—stronger, safer, and more independent than when he arrived.

We're honored to have been part of Mr. James recovery once again. His story is a reminder of the power of perseverance, expert care, and a team that truly cares.

Quotes of the Month

My Mother would always tell me “You better spot thinking that! I can read your mind!”.

I'm not sure how, but she always knew when I was thinking about doing something bad, or dumb and she would say that. I learned to stop thinking haha. About doing bad things and I learned to stay away from those that would do the same. She kept me out of a lot of trouble!

Nelson (Resident)



“You may kill me with your hatefulness, but still, like air, I'll rise.”

There's so much hate in this world, why let something so small as some opinion of you bother you and affect your whole day.


Oumou (CNA / Med Tech)




Prioritize Your Well-Being


October is Emotional Wellness Month, a reminder to check in with yourself and make time for the habits that support your overall well-being. World Mental Health Day is also on October 10, a day dedicated to raising awareness and encouraging conversations about mental health worldwide. Together, they highlight the importance of caring for both body and mind.


Emotional wellness means finding balance in how we handle stress, build connections, and enjoy life. While some factors like age or family history are out of our control, there are many positive steps we can take every day:

 Practice self-care by doing activities that bring you peace or joy, whether it's reading, listening to music, enjoying nature, or exploring a favorite hobby.

 Stay connected with friends, family, and community. Sharing time and conversation often brings comfort and reduces feelings of loneliness.

 Care for your body with regular exercise, balanced meals, and plenty of rest. Movement and nutrition support not just physical health, but emotional health too.

 Manage stress through breathing exercises, meditation, prayer, or quiet reflection. Stepping away from news or screens for a while often helps refresh your mind.

 Remember you're not alone. Sharing with a loved one, doctor, or counselor often brings comfort during overwhelming times.

This month, allow yourself to slow down, recharge, and make space for what helps you feel good. Even small steps can create a stronger foundation for emotional wellness.

SPOOKTACULAR ACTIVITIES

Help the Ghost reach the Monster!

UNSCRAMBLE the letters below to reveal the Halloween-themed words.

- KBALC TAC
- BOESN
- DNTEHUA SHEOU
- KAJC O LTARENN
- VAENR
- IAVMREP
- TWICH
- IEOZBM

- Bat
- Candy
- Ghost
- Monster
- Pumpkin
- Scary
- Spooky
- Treat
- Trick

Circle the nine hidden words, forwards, backwards, or diagonal.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| P | E | S | T | W | S | G | K |
| U | R | A | P | C | R | T | C |
| M | B | E | A | O | R | O | I |
| P | L | R | T | E | O | M | R |
| K | Y | S | A | S | U | K | T |
| I | X | T | Q | T | N | B | Y |
| N | T | S | O | H | G | O | G |
| Y | D | N | A | C | M | T | M |