



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

Please check our website or call for updated information about our visitation policy.

## Administrator's Desk

Happy August! This month I want to highlight our Alzheimer's & Dementia Support Group that is led by Kelsey Kraemer in Social Services. This group is a great way for those with loved ones who have Alzheimer's or

dementia to connect and ask questions. Due to COVID-19 constraints, meetings are currently held virtually via Zoom on the third Tuesday of each month at 4:00pm. I highly encourage all who have a loved one with Alzheimer's or dementia to attend. If you have any questions or would like to RSVP, please contact Kelsey Kraemer at 608-470-4006 via email at [kkraemer@carriagehealthcare.com](mailto:kkraemer@carriagehealthcare.com).

– Collin Smith, NHA Administrator

### Artist Spotlight: Laura F.



**Ingleside's Dementia & Alzheimer's Support Group**  
**Next Meeting:**  
**August 25th at 4:00pm**  
**virtually via Zoom**

*If interested, please contact Kelsey Kraemer for more information: 608-470-4006*



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

Collin Smith, NHA, Administrator

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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.

## Short-Term Therapy Success Story

Bruce B. came to Ingleside following a short hospital stay due to increased weakness and falls which resulted in difficulty with mobility, loss of independence and emotional distress. Bruce reported that early in his stay his biggest challenge was walking without losing his balance. Bruce normally walks without assistance of any kind, but for several months needed to rely on a walker, wheelchair and others for assistance with his mobility.

Through a team approach from speech, occupational and physical therapy, Bruce has shown improvement with his mobility and ability to care for himself. He is demonstrating increased confidence with all aspects of his daily mobility. He reports that his favorite thing about therapy was how much it helped him improve, and how sincere all of therapists were with his care. His proudest moment was when he was able to walk the entire distance around the therapy gym without assistance. Bruce's progress has been inspiring for everyone in the facility and we wish him the best of luck going forward. Bruce's advice for others going through therapy is to just keep fighting, no matter what.



**WISCONSIN  
ILLINOIS**  
SENIOR HOUSING INC.

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

**WISH LIST: [bit.ly/i-wishes](https://bit.ly/i-wishes)**

# Resident of the Month: Mary F.

I was born on July 14, 1940 in Mineral Point, WI. My mother was Helen (Parkinson) Hughes and my father was Floyd Hughes, Sr. I was the oldest of six children. My five brothers are Bill, John, Larry, Bruce and Greg.

We lived on a farm near Hollandale where I have most of my memories. We would have lunch in the playhouse and then go swimming in the creek. I remember my oldest brother went in the water first to see how bad the leeches were. Then if not too bad, we would all swim.

We moved to a place near Blue Mounds when I was a freshman in high school. It was like a palace. My dad worked for the Oscar Mayer plant in Madison. We would all help milk the cows before my dad went to work. We had beautiful flowers (buttercups and violets) that I would pick from the woods and give to my mom. It was like the Garden of Eden there.

I had many great experiences and friends in high school. During my junior year, the school held an annual awards ceremony. I did not attend because I had not done anything spectacular. The next morning some students told me that I had won the Outstanding Person of the Year Award for my work in school, church and the community. As far as I know, I was the only junior girl who ever got this award.

My great grandfather on my mother's side, Frank Ivey, moved from Cornwall, England to Wisconsin in 1837 with 100 head of cattle. He was the first settler in Mineral Point.

My great-grandmother Ivey would babysit for us. She would sing songs to us. I still have copies of these songs. In the 1800s, my great-grandmother's folks participated in the Underground Railroad, helping African Americans escape slavery. In my great-grandmother's house there was a special door that we were not allowed to touch where they helped slaves escape.

I graduated from Barneveld High School in 1958 and entered nursing school at St. Mary's in Madison. My first job was as a nursing assistant at St. Joseph's Hospital in Dodgeville. I got to work in the nursery with newborn babies. Next, I took a position at Madison General Hospital which later became Meriter Hospital. I learned everything that a certified nursing assistant (CNA) should know. All the nurses were so wonderful to me.

I dated several boys while working, but there was really nobody special until my 25th birthday when I was introduced to Larry F. We went for a short walk and he said, "Now that I've got you, I am going to keep you." He didn't tell me how long, but that turned out to be very true! What a great birthday!

Larry was about 10 years older than me and had been in both the U.S. Army serving in Korea, and the U.S. Navy. While in the Navy, he was a boxer and learned underwater demolition. We were together from that time forward and finally married on January 6, 1976.

We had four children:

- Our first child is Helen Ruth, born in the front seat of our 1957 Chevy on the way to the hospital. Helen has a daughter, Heather Lee, who is expecting a daughter, Ember, in September.
- Our second child is Lawrence D. F., Jr. We call him D.J. or Junior. He is engaged to a young lady with a 7-year-old daughter.
- Our third child, Shannon Marie, lives in Sauk City and works in Waunakee.
- Our youngest child is Chalette Camille, a truck driver. She has two daughters, Ashley and Chellalon. Chellalon has a 1-year-old son, Charles.



My husband Larry was really talented. In addition to his two tours of duty in the military, he was a sports car mechanic, a painter, roofer, installed radio towers, and he was what they called a "steeplejack," working on the steeples and roofs of churches. He also loved the outdoors and introduced me to fishing, hiking and camping. When I lost Larry in 2016, it was like losing a part of me.

I had many great experiences in my working career starting with my nursing assistant training early in my career. My longest employment was with the VA Hospital in Madison. I enjoyed being a stay-at-home mom when that was possible to raise my kids.

I attended Jehovah's Witness meetings as a young adult, and I am still a practicing Jehovah's Witness today.

Due to my medical condition in early 2019, I needed to be in nursing facility and found Ingleside. The staff at Ingleside is very good to me. They are highly skilled. I also like the activities they plan for us. Our work is posted in our rooms and on the walls in the halls. The food is good for what we are able to eat. I understand nutrition because I was trained in this in nursing school.

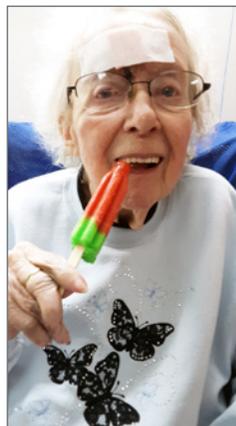
I am looking forward to the birth of my new great-granddaughter in September. Who knows how long this virus lockdown will last? I am hoping to see my family and go outside very soon. Right now, I feel like the Ingleside staff is my family. They are wonderful!

# Skilled Nursing Photos

As you can see, we're enjoying getting outside for some fresh air. Some of our favorite things to do are visiting or having fun with bubbles. Behind these masks are big smiles!



For the 4th of July, we celebrated by having yummy treats and playing "I Love America" Jingo.



During the last month, we celebrated chocolate ice cream day, bomb pop day and donut day. Yummy!



## Employee Spotlight: Meet Erika Temby

**CNA**  
8 Years of Service

Ericka was born in Madison and spent her younger years (grades 1 through 8) in Deerfield, Wisconsin. She has 3 siblings: older brothers Aaron and Nicholas and a younger sister Carly. As a teenager, Ericka and her family moved to Verona, Wisconsin where she graduated from Verona High School. She currently lives in Fitchburg with her boyfriend, Shane, and their dog, Daisy. Below are some other fun facts about Ericka:

**What motivates you to come to work each day?** Knowing that I will help and make a difference in many people's lives.

**What is one thing that most people don't know about you?** That I have 6 chickens (we use the eggs and give them to family and friends too).

**What is one thing you have on your "bucket list?"** To travel to Greece and go on an African safari.

**If you could have one superpower, what would it be?** To fly!

**Do you have a smart phone? Why or why not?** Yes, I have a smart phone and I still don't know how to fully use it yet.

**Favorite sports team(s)?** Packers & Badgers!

**What is your biggest pet peeve?** When people lie.

**How many pairs of shoes do you own?** Too many. (I have a problem!)

**What is the craziest thing you have ever done?** I cannot say. 😊

**When you have 30 minutes of free time, how do you pass the time?** Playing with my dog Daisy, going for a run outside, or just doing something outside if it's nice.

**What chore do you absolutely hate doing?** The dishes.

**What is the coolest or most important trend you see today?** Face masks, hand sanitizer, 6 feet distancing and hoarding TP!

## STANDING OVATION



*Congratulations  
Justin Blackburn!*

*Six Months  
of Service*

*Justin has  
worked at  
Ingleside as a*

*CNA, MAA and RN since 2014,  
taking a short break to pursue  
other career opportunities. Justin  
is the July recipient of Ingleside's  
Standing Ovation Award.*

*This award is presented to an  
employee who does an outstanding  
job and has gone above and  
beyond to help residents, families  
and co-workers. Employees are  
nominated by residents, families,  
co-workers or anyone they may  
encounter. Thank you, Justin, for  
your commitment and dedication  
to Ingleside.*

*Justin was nominated by a resident  
for his outstanding service. She  
told us that Justin "has a special  
technique to help her heal." She  
also said that he is gentle in all  
that he does to ensure she is  
comfortable. Justin's co-workers  
say that he is a compassionate  
and caring nurse.*

*Congratulations, Justin, and thank  
you for your contributions to  
our nursing team and for going  
above and beyond to care for our  
residents.*

*Everyone is welcome to stop by the  
Chatterbox to fill out a nomination for  
next month's Standing Ovation Award!*

## CBRF Photo Highlights

Some of the ladies are showing off their artwork they made with their names. They utilized glue, salt and water colors to make these beautiful signs.



Even though you can't see the smiles behind the masks, you sure can tell how much they love being outside by their body language and the twinkle in their eyes!



## August Special Days

- 8/2 International Friendship Day
- 8/2 Ice Cream Sandwich Day
- 8/4 Chocolate Chip Cookie Day
- 8/6 Farmworker Appreciation Day
- 8/14 Kool-Aid Day
- 8/20 Lemonade's Birthday
- 8/21 Hawaii Becomes a State
- 8/21 National Senior Citizens Day
- 8/26 Toilet Paper Day

**HELP STOP  
the spread  
of COVID-19**

**WEAR A  
MASK**



## Residential Care Apartments Events

- 8/6 Root Beer Float Day
- 8/10 National S'mores Day
- 8/18 Serendipity Day
- 8/25 Celebrate National Parks

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## Free CNA Training

Join our team as a temporary CNA and start a free 16-hour online training course immediately. Once completed, we'll provide a free in-person class for the remaining 59 hours of training needed to test for your nurse's aide certification. (75 hours total)

Your healthcare career is just waiting for you to make the first move! Call today and speak with our HR dept.

