



# St. Monica's Senior Living

*You are the heart of our home.®*

ISSUE NO. 8  
SUMMER  
AUGUST 2024



THE  
**Community**  
MONITOR



# What's Happening?



## State Fair Week!

**August 12th - August 16th**

St. Monica's Life Engagement team will be hosting a State Fair Week! Be prepared to enjoy music, food, games, and fun. Please make sure to check your calendar for daily activities and times. We look forward to seeing you there!



## Join us on an Outing



Do you enjoy shopping, going out to eat, or a nice scenic bus ride? The Life Engagement team takes a bus trip every week. It's usually, on a Friday morning or afternoon. The sign up sheet is posted by the mailboxes. The ride is free, you just have to bring spending money for food and shopping. We are also open to any new ideas. Sign up today!



# Core Value Award



Katia Pironkova

**How long have you worked for St. Monica's?**

"I've worked here for 20 years. I actually started at St. Monica's as a private caregiver."

**What do you like to do in your spare time?**

"In my spare time I like to watch sermons online and spend time with my grandkids. They are twins, 1 boy and 1 girl. They spend every weekend with my husband and I. I also enjoy traveling, shopping, and I love sitting in the sun."

**What do you like most about working at St. Monica's?**

"I enjoy working with community members and their families, problem solving, taking care of their needs and communicating with other services to help do so."

**What are some things on your bucket list?**

"I would love to learn the Korean language and visit South Korea."

# Community Member of the Month

**Family:** "I have 5 children, 13 grandkids, and 3 great-grand kids."

**Early Years & Hobbies:**

"I belonged to St. Lucy's Parish for many years. I'm a member of the Eagle Scouts and had many great memories with them. I enjoy sports and played softball and basketball. I was a coach and served on the PTA of the school board. I enjoy spending time with my family and sitting in the sun."

**Former Career:**

"I worked as a Purchasing Agent for Spin Craft as well as at Green Manufacturing for many years."

**Fondest Memory:**

"I really enjoyed traveling. I took a lot of road trips and have seen some beautiful places."



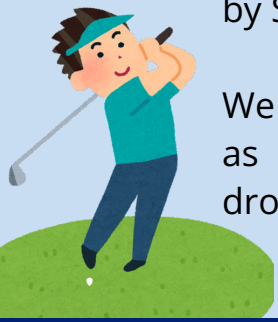
Larry Weisbrod

# St. Monica's 2024 Golf Outing

St. Monica's 12th Annual Golf Outing & Dinner, will be held on Thursday, September 19, 2024 at Meadowbrook Country Club. This year's proceeds will benefit St. Monica's community members as we focus on enhancing the multipurpose activity room, which is also known as the "Party Room."

Please see Pam at the front desk for more details if you would like to golf, sponsor, donate, or attend the dinner this year. Please note that golf and dinner registrations, as well as sponsorships must be received by September 2, 2024.

We are also looking for donations of \$10 - \$20 valued gift cards, as well as raffle baskets and silent auction items. These donations can be dropped off at the front desk or the main office. Thank you!



## Arise PT is accepting new patients!

Arise Physical Therapy at St. Monica's is accepting new patients from the Racine community. All ages are welcome and all major insurance companies are accepted. If you or someone you know could use a tune-up, call Kelly Bardosy, DPT, at 262-321-7164. Kelly specializes in orthopedic and neurological conditions, including joint pain, fall prevention balance work, post-stroke rehab, Parkinson's disease, post-surgical rehab and much more. Please get in touch if you would like to enhance your mobility, strength, safety, or all of the above!



**Arise**  
PHYSICAL THERAPY  
St. Monica's Senior Living





# stay hydrated

**Why is water so important?**

**Water is essential for so many of our body's functions.**

**It plays the important role of bringing nutrients to cells, getting rid of wastes, protecting joints and organs, and maintaining body temperature.**

**Dehydration can be very detrimental to our health.**

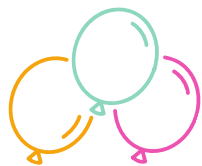
**Without enough water, side effects can include anything from headaches and fatigue to dry eyes and dull skin. People who are unable to communicate their needs - such as those with Alzheimer's and dementia - are more susceptible to dehydration. This can lead to an increase of confusion, urinary tract infections and constipation. Just remember that there are plenty of ways to get creative if you want to reach your hydration goals! Challenge yourself to find ways to drink up, and your health will be all the more stronger. In Oak Lane we have a great hydration station. We love to mix fresh fruit, mint, cucumbers, and lemons in our waters. It helps to encourage everyone to stay hydrated. Cheers!**



# Know Your Rights

Right to confidentiality of health and personal information and records, and the right to approve or refuse release of that information to any individual outside the CBRF, except when the resident is transferred to another facility or as required by law or third-party payment contracts and except as provided in s. 146.82 (2) and (3), Stats. The CBRF shall make the record available to the resident or the resident's legal representative for review. Copies of the record shall be made available within 30 days, if requested in writing, at a cost no greater than the cost of reproduction.

## August Birthdays



- Onetha Ousley 3rd (S)
- Jadin Giemza 4th (S)
- Ronald Edwards 6th (S)
- Nidya Diaz 7th (S)
- Ma De Los Renteria Oviedo 9th (S)
- Lisa Stedman 9th (S)
- Anne Bodeau 13th (S)
- Jose Barreto 14th (S)
- Martha Piery 14th (CM)
- Keana Cosey 18th (S)
- Pamela Hargrove 18th (S)
- Lea Hansen 19th (CM)
- Kelly Bardosy 21st (S)
- Kathleen Cuccio 22nd (CM)
- Kurstyn Gordon 22nd (S)
- Frank Vidian 23rd (CM)
- Dixie Neider 24th (CM)
- Frances Hastings 24th (S)
- Marilyn Murrack 28th (CM)
- Jacqueline Williamson 31st (CM)
- Jennifer Ford 31st (S)
- Community Member (CM) or Staff (S)



## Staff Anniversaries

- Nicole Overstreet 12 years
- Delores Lochowitz 6 years
- Elizabeth Manns 5 years
- Sydney Brewer 5 years
- Rondaija Perry 5 years
- Lisa Stedman 3 years
- Ava Johnston 2 years
- Keanu Dodson 2 years
- Eryn Orille 1 year
- Alex Turnipseed 1 year
- Miranda Timler 1 year



## word search *Summer*



- |        |          |          |            |
|--------|----------|----------|------------|
| TRAVEL | SUN      | CAMPING  | HOT        |
| POOL   | PICNIC   | SANDALS  | SUNGLASSES |
| HAT    | BALL     | PARK     | ICE CREAM  |
| BEACH  | VACATION | CAMPFIRE | SHELL      |



## Useful Information

Website: [www.stmonicasseniorliving.com](http://www.stmonicasseniorliving.com)  
 Facebook: @stmonicasseniorliving  
 Twitter: @stmonicasliving  
 Subscribe: [info@stmonicasseniorliving.com](mailto:info@stmonicasseniorliving.com)

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