

## Know Your Rights

As a community member living at St. Monica's you have rights that are protected by the Wisconsin Department of Health and Human Services. This corner will highlight one of your rights each month. The full list was given to you upon moving in to St. Monica's. If you ever feel any of your rights have been violated, please report this to administration as soon as possible. You have the right to the following:

To be treated with dignity and respect.

## Summer Word Search

### Birthdays

- 1<sup>st</sup> Carmen Wendorf (S)
- 2<sup>nd</sup> Adilene Aguirre (S)
- 2<sup>nd</sup> Patricia Wysocki (S)
- 3<sup>rd</sup> Elsie Howard (CM)
- 4<sup>th</sup> Mirsad Aslani (S)
- 4<sup>th</sup> Denetta Flowers (S)
- 6<sup>th</sup> Martin Boerger (CM)
- 7<sup>th</sup> Rose Hagman (CM)
- 10<sup>th</sup> Beverly Lunn (CM)
- 10<sup>th</sup> Eva Shattner (CM)
- 11<sup>th</sup> Betty Schneider (CM)
- 11<sup>th</sup> Heidi Panyk (S)
- 18<sup>th</sup> Delores Lochowitz (S)
- 19<sup>th</sup> Mariane Jones (S)
- 21<sup>st</sup> Jehdeiah Paras (S)
- 24<sup>th</sup> Rose Kaprelian (CM)
- 25<sup>th</sup> Bernice Wikstrom (S)
- 27<sup>th</sup> Marie Ruppert (CM)
- 30<sup>th</sup> Cheryl Harris (CM)

### Staff Anniversaries

- Katia Pironkova 18 years
- Theresa Barreto 14 years
- Anne Bodeau 14 years
- Lisa Corley 3 years
- Isabella Perez 2 years
- Crystal Reynoso 1 year
- Patricia Wysocki 1 year

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

AUGUST  
BEACH  
COOKOUT  
FIREWORKS  
FLIPFLOPS  
HEAT  
JULY  
JUNE

LEMONADE  
PICNIC  
PLAY  
POOL  
POPSICLE  
RELAXING  
SAND  
SLEEPOVER

SPRINKLER  
SUMMER  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
VACATION



# THE community MONITOR

**CNA & Caregiver's Week**  
June 16 - 22, 2022

ISSUE NO. 64  
SUMMER  
JUNE 2022



CNA's & Caregivers are extremely busy individuals who handle the majority of care for our community members. Their job is not easy and requires lots of patience, dedication, and compassion. In honor of CNA & Caregiver's Week, we asked our community members their thoughts about our care staff and this is what they had to say:

*"I give them a lot of credit, they are wonderful." - Elaine W.*

*"They all really try their best to please you." - Rose P.*

*"I have been in a few places, the staff is good here." - Mel M.*

*"They take good care of me." - Charlotte S.*

*"They are very helpful when I need them." - Marty B.*

*"They sure know their job." - Shari B.*

*"I appreciate the time they take out for me." - Judy P.*

*"I enjoy their company and time they spend with me." - Helen K.*

St. Monica's is blessed to have such a fantastic team of CNA's & Caregivers. Thank you for the excellent care that you give to our Community Members every day!



## Men's Health Month

June is Men's Health Month, a national observance designed to raise awareness about health care for men and encourage boys, men, and their families to practice and implement healthier lifestyle choices, such as exercising and eating healthy. We encourage all of the men here at St. Monica's to stay active this summer. There are many walking paths to enjoy outdoors, as well as weekly exercise groups to join. Kelly with Arise Physical Therapy is always keeping our community members moving. Please "like" and follow Arise Physical Therapy on Facebook, where you can find a video of Joe staying active!



## Useful Information

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

3920 N. Green Bay Road Racine, WI 53404  
Main: 262-639-5050  
Administrator: Stephany Lichter, RN, MSN

# JUNETEENTH

Celebrate Freedom

JUNE 19

Juneteenth is a federal holiday that commemorates the end of slavery in the United States. This celebration of freedom has been taking place since the late 1860's. For many, Juneteenth serves as a reminder of how far people of color have come, and how hard they have worked to receive the same rights as their neighbors. Juneteenth is a celebration of freedom, progression, growth, and is also observed as an opportunity to celebrate African-American culture and achievements.

### Cookouts are Back!

Mini-cookouts are back at St. Monica's. Enjoy a special grilled lunch for free! Sign up with Shannon or Julia if you'd like to attend one of the cookouts. These will take place outdoors and will replace your normal lunch from the Dining Room. Sign up, enjoy fresh air, and delicious grilled food!



## HERO WITH ❤️ RON EDWARDS

**HOW LONG HAVE YOU WORKED FOR ST. MONICAS?** 3 years

**WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?** *I enjoy playing basketball & spending time with my kids.*

**PRIOR TO WORKING AT ST. MONICAS, WHAT WAS YOUR MOST INTERESTING/FUN JOB?**

*I was a daycare driver for Moe's Daycare Academy.*

**WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICA'S?** *I really enjoy cooking for the community members and seeing them happy, enjoying my food.*

**WHAT ARE SOME THINGS ON YOUR BUCKET LIST?**

*I would love to travel to the Caribbean or Jamaica some day.*

### Congratulations Dominik



Dominik Klingelhofer is one of St. Monica's amazing caregivers. He has been employed here for 6 months and works second shift. Dominik has been a member of Horlick High School's HOSA (Health Occupation Students of America) club since his freshman year. This year, he became the President of Horlick's HOSA club and they brought 7 students who previously won in the HOSA Regional Competitions to the HOSA State Leadership Conference at Chula Vista Resort in the Wisconsin Dells. He competed in the CNA event, which means he had to take a multiple-choice test and demonstrate clinical skills in a mock scenario. He scored **2nd** place in the entire state, against 40 other students and CNA's! Now, he is moving on to the HOSA International Leadership Conference in June at the Gaylord Resort in Nashville, Tennessee. We are so proud of Dominik and are blessed that he is a part of our St. Monica's family. Please join us in wishing him the best of luck!



### Friendly Reminder From The Nurses:

Please let the nurses know as soon as a medical appointment has been scheduled for a Community Member. We need time to prepare paperwork for you to bring to the appointment. Make sure to pick up the envelope with paperwork from the Welcome Desk prior to leaving for the appointment. Then please have the physician review the medications, sign the medication list & return that form to the nurse on duty after the visit. We will also make a copy of the Office Visit Summary for our records. Thank you for your partnership!

## Oak Lane News



Pet therapy offers a multitude of benefits within senior communities. Interacting with a furry friend can help reduce pain, stress, anxiety, depression and blood pressure. Kirby is one of our visiting pet therapy dogs who visits regularly and brings joy wherever he goes. He is such a sweet boy and absolutely loves the attention. Whether he sits in your lap, gets a scratch behind his ear, or is just near by, you can't help but smile and feel more relaxed. We are so blessed to have Kirby visit in Oak Lane and make some great memories!

*Kirby*



### Father's Day ~ June 19<sup>th</sup>

*"A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way."*  
- Unknown

**Wishing a very happy Father's Day from our family to yours!**

### Caledonia Outdoor Market Returns

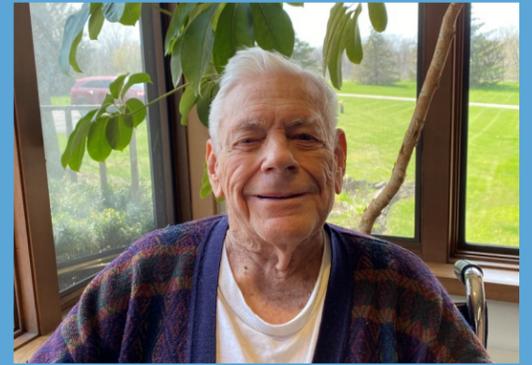
The outdoor market returns on June 2<sup>nd</sup>! Come check it out every Thursday from 2:00 to 6:00 pm from June through October. It is held in the north parking lot in front of St. Monica's. You can find fresh produce, local honey, fresh cut flowers, and beautiful handmade items. This year St. Monica's will have our very own booth set up. We will be selling our cookbooks, baked goods, handmade jewelry, and much more! Make sure to check back frequently as there may be new items and vendors added weekly.



### A Caregiver's Prayer Against Burnout:

*"Light in the Darkness, being a caregiver is an enormous privilege, thank You. Many times the duties take all I have, and there is nothing left to give. I feel discouraged until I remember that You are the one who placed me here in this Home and have given me this responsibility. Holy Spirit, please prompt me daily to seek all I need from the Lord. I do not want to burn out because the road back is hard. Help me not to work only with my abilities, but keep me, Lord, in Your perfect strength. Amen."*

## Featured Community Member



## Allan Schneider

### **Family:**

- Married for 72 years to my wife, Betty.
- 3 children
- 5 grandchildren
- 1 great grandchild

### **Former Career:**

- Worked at UW Parkside for 23 years as a Geology Professor.
- Taught Geology evening classes for 10 years at the Kenosha Public Museum for seniors.

### **Early years & Hobbies:**

- Grew up in Oak Park, Illinois.
- Graduated with a Bachelor's degree from Beloit College, a Master's degree from Penn State, and a Doctorate from Penn State.
- Member of Geological Society of America.
- Big sports fan & loved to play golf.
- Has a stamp and coin collection.

### **Fondest Memory:**

*"I enjoyed spending time in Door County at our condo in Sister Bay."*