

## 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 that any of your rights have been violated, please report this to administration as soon as possible. You have the right to the following:

To receive your mail unopened and have private use of a telephone.



### Birthdays

- 4th JJ Zitouni (S)
  - 5th Julie Wendorf (S)
  - 8th Alexander Fugman (S)
  - 9th Leah Huber (CM)
  - 10th Angles Barber (S)
  - 10th Lisa Yankech (S)
  - 17th Michelle Szczepanski (CM)
  - 22nd Caleb Gunderson (S)
  - 23rd Chelsea Armstead (S)
  - 28th Aliji Lidija (S)
  - 2nd Nancy Sheets (CM)
  - 6th Mildred Krembs (CM)
  - 9th Robert Lovdahl (CM)
  - 13th Audrey Sautner (CM)
  - 18th David Lowe (CM)
- (CM) = Community Member (S) = Staff



Thank you!

### Staff Anniversaries

- Kim Neubecker 3 years
- Breona Rydholm 5 years
- Sydney Johnson 5 years
- Leah Huber 3 years
- Margarita Castro 2 years
- Malena Brown 2 years
- Ronald Edwards 2 years
- Mekeda Gilmore 2 years

## A Prayer: EASTER BLESSINGS

Lord we lift our hearts to you. As the dawn breaks, may we carry the unity we share into every moment knowing that we are one with the risen Christ. Lord, we lift our eyes to you. As the sunrises, may this moment stay with us, reminding us to look for the beautiful colors of promise in your word. Lord, we lift our prayers to you. As the dew air falls, may we breathe this morning in and know that like the earth, you sustain us, keep us and work within us always. And so, we lift our voices to you. We celebrate the greatest day in history, when Jesus rose from death, defeated darkness and bathed the world in stunning resurrection light. May we ever live to praise you! Amen. – *Author Unknown*



## 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

Executive Director: Loretta Baxter, RN, MBA

Covid-19 Hotline: 262-383-3303



St. Monica's  
Senior Living

*Celebrating a blessed heritage*

# THE COMMUNITY MONITOR

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## Let's Keep Moving!

### ANNOUNCING: Arise Physical Therapy



By Kelly Bardosy, Physical Therapist

This past year was a real doozy, wasn't it? Seemingly out of nowhere, our social engagements, activities, outings and "normal" day-to-day life came to a halt. And along with that came a steep decline in physical activity. Unfortunately, the old saying 'If you don't use it, you lose it' seems to be painfully true.

Well, what can we do to make this year ahead better? Get moving! I encourage you to participate in a new activity, make a new friend here at St. Monica's, and make plans to get outside this spring and summer. My hope for each of you is to be as independent, safe and happy as possible.

The therapy gym near the south entrance has been transformed into a new Physical Therapy clinic called Arise Physical Therapy. We are thrilled to be able to offer in-house rehabilitation to help you regain your strength, improve your balance or get back to walking. Please contact me if you are interested in physical therapy at 262-321-7164.

In addition, watch the activity calendar and join me for group exercise class, I promise you won't be disappointed. Let's get moving!



## Hang Up! ON PHONE SCAMS



By Shannon Perez  
Life Engagement Director

**BEWARE!** The most common type of phone financial scam is a call from IRS impersonators. If you get a call from someone claiming to be the IRS and asking for personal information, know that it is most definitely a trick. The IRS does not call citizens. If they want to get in touch with you, you will receive communications through the mail. And, the IRS would not threaten you with a fine for not giving up information. If you get a call from the "IRS" **hang up immediately**. Don't give any personal information to anyone over the phone. Even if they are asking for a donation, it can still be a scam.



**Helpful Hints:**

- > Never give bank info
- > Use extreme caution
- > Don't give credit card info
- > Don't answer odd phone numbers
- > Tell staff or family
- > Don't give out Social Security numbers
- > Don't be pressured
- > Just Hang UP!

## HERO WITH HEART

### Lucy Ringger, Cook in the Kitchen



HOW LONG HAVE YOU WORKED FOR ST. MONICAS? *4 months*  
 WHERE WERE YOU BORN? *Palmer, Alaska*  
 TELL US ABOUT YOUR FAMILY: *I've been married to my husband, Nate for 6 years. I have a 6 year old daughter named Eloise. I have 3 brothers & 3 sisters. I have a dog named Axle.*

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME? *Hangout with family, and make new recipes from different cultures.*  
 PRIOR TO WORKING AT ST. MONICAS, WHAT WAS YOUR MOST INTERESTING/FUN JOB? *Being a tour guide at a taxidermy museum in Alaska.*  
 WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICAS? *The people! The community members are awesome as well as my coworkers in the Kitchen.*  
 WHAT ARE SOME THINGS ON YOUR BUCKET LIST? *To travel the whole world.*

## Person Centered Care Story

By Mirsad Aslani, Director of Maintenance



Recently, I was having an informal meeting with Loretta and a contractor concerning an upcoming project. We were in the hall just outside of Loretta's office and I saw Mary A. coming toward us with a determined look. She came right into our huddle and proceeded to tell Nick, the contractor, to get rid of the Packer emblem he was wearing and replace it with a letter "A." Loretta questioned her about why he should do this and Mary proceeded

to tell us about an uncle of hers, Guy Chamberlain, who played football for the Nebraska Cornhuskers in college and Pro Football in Chicago. She asked if any of us had known about him as he is quite famous and well known. This interaction prompted me to do some research. Mary was absolutely correct about him, but she did not know that this guy was like a rock star in college and the pros when it came to football. At Nebraska he lead his team in 2 consecutive undefeated championship years, was voted All-American and most

outstanding player in Nebraska history in 1936. After college he had gone onto play Pro football and won 6 championships in 9 years, 4 of those were as a player/coach. He still has the best winning percentage of all coaches who had coached more than 50 games to this day. He was inducted to not only the College Football Hall of Fame, but also the Pro Football Hall of Fame. I was able to share all this information with Mary and she was just as thrilled as I was to learn about him!



## Our History: Sister Helen Wenzel

### Celebrating 50 Years of Blessed Heritage



In the early 1960's, Sr. Helen Wenzel of the Sisters of St. Rita contacted Mr. Steve Horvath and expressed her dream to do something meaningful for the elderly by establishing a senior citizens home. While working at St. Rita's Monastery, the sisters met with Archbishop Cousins who suggested they first purchase some property. Sr. Helen and Steve went to talk with the Koleske family and inquire if their 42 acres of land could be purchased for St. Monica's.

The Sisters raised the money to buy the property by selling honey, jam, homemade noodles, bread and baked goods, canned fruits and veggies, strawberries and flowers. In 1963, they were able to purchase the land from the Koleske family and the Sisters moved into the farmhouse on Dec. 24, 1964. For years the Sisters continued raising money for construction, established a Board of Directors and had blueprints drawn up.

The Board approved the blueprints on March 3, 1969. As she drove home from the meeting that night, Sr. Helen noticed an injured rabbit in the road and stopped to help. Sadly, she was struck by a motorist and passed away the next day. St. Monica's started a memorial fund, with contributions going toward the building of Sr. Helen's dream. We are so thankful for the determination of Sr. Helen who devoted her life to the care of all of God's creatures. Her determination to achieve the impossible was contagious. Her legacy lives on!



### Easter Holy Week Schedule:

Holy Week and Easter is approaching fast. But since we are still struggling with COVID-19 and a shortage of priests, (you know, that Fr. Molter has not been able to come to us for quite a while – we hope he will be back in April) we will have a different schedule for Holy Week than usual.

- Palm Sunday: Mass 4:00 p.m. with blessings of palms
- Tuesday: Mass 8:30 a.m.
- Good Friday: non-denominational service 10:30 a.m. Crucifixion Story and Songs presented by Catherine Harris
- Easter Sunday Mass 9:00 am.

No Services on Holy Thursday and Holy Saturday; tune in to EWTN on your T.V. – on channel is 562.

"The Sisters will be praying for you all and wish you a blessed Holy Week!" - Sr. Angelica



## David Lowe

### Featured Community Member

**Family:**  
 3 brothers, 2 sisters,  
 1 nephew

**Former Career:**

- Worked in the food service industry at S.C. Johnson Wax
- Attended Gateway and received his boiler license

**Early Years:**

- Born and raised in Racine
- Loved to ice fish & go horseback riding
- Enjoys bike riding, walks, puzzles

**Fondest Memory:**

*"Sneaking out of my cabin with my friends at Camp Anokijig. We would run and play on the frozen lake. Another great memory was when I was younger I lived down the road from St. Monica's, my siblings and I saw it being built."*

