

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 have medical and other records kept confidential except as otherwise provided by law.



Birthdays

3rd Jennifer Miller (S)
3rd Nancy Venegas (S)
3rd Morgan Wright (S)
4th Jack Stegman (CM)
8th Maiya Howard (S)
9th Stephany Lichter (S)
11th Nina Tavora (CM)
14th Josephine Strutz (S)
15th Sharon Nuno (S)
17th Debra Mulder (S)
19th Celia Venegas (S)
22nd Jeanette Mason (CM)
23rd Karen De La Cruz-Ramirez (S)
24th Vanessa Neubecker (S)
27th Betty Costabile (CM)
29th Charlotte David (CM)
(CM) = Community Member (S) = Staff

Staff Anniversaries

Heidi Panyk 19 years
Marvin Wilson 4 years
Lisa Yankech 4 years
Shannon Perez 4 years
Catherine Harris 2 years



A Prayer: THE HOPE OF SPRING

God, thank you for Spring and the hope of warmer, longer, brighter days. Thank you for the coming of growth and life and birth. Thank you that things are coming awake in the world. This is what our calendar says, and we do see some signs that it is real. But we also still struggle with the residual layover of winter. Now we ask that you bring into reality all that belongs in this season. Your word says that we will have provision, and hope, and joy, and health and loving relationships here and now in this life. We ask that what belongs in this season would become actual in our practical lives. We hope in you and in your promises. We hope in your gift of Spring.

- Author Unknown



Useful Information

Website: www.stmonicasseniorliving.com

Facebook: [@stmonicasseniorliving](https://www.facebook.com/stmonicasseniorliving)

Twitter: [@stmonicasliving](https://twitter.com/stmonicasliving)

Subscribe: 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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SPRING

MAR. 2021

Spring is Coming!

By Stephany Lichter, Director of Nursing & Compliance Officer

Believe it or not, spring weather is just around the corner! Of the four seasons, spring is magical. Just when you think you cannot take the harshness of winter any longer, the sun begins to thaw the cold ground and the icicles hanging from the rooftops.

Unsurprisingly, the spring season gets its name from the verb "spring." It is a nod to the flowers and plants springing up, springing open, and bursting into blossom. According to the Online Etymology Dictionary, the word itself derives from the Old English word "springan," which means "to leap, burst forth, fly up; spread, grow." It, in turn, developed from the Proto-Germanic "sprengan." During the 14th century, the word came to describe the spring season, indicating the time when plants rise from their winter dormancy and bloom. An apt name, don't you think? Prior to that, the word "Lent" was used to describe the season. Anatoly Liberman explains, "Today only the ecclesiastic sense of Lent is current, but in the past, it was the main word for 'spring.' Lent surfaced as 'lencten,' that is, 'lengten': the season got its name because in spring days lengthen."

Spring is a time of renewal. It symbolizes new beginnings. The types of things you can do in the Spring are about as diverse as the refreshing, but unpredictable weather. From the first tulips and daffodils that bloom in March, the world begins to brighten from rain and snow into clearer skies, flowering trees and rushing waterfalls.

At this time when nature is renewing itself, perhaps you should join in the fun and find your own way to have a productive growing season. What activities or events can you get involved in at St. Monica's that would help you blossom?



St. Patrick's Day

By Shannon Perez,
Director of Life Engagement

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601, in a Spanish colony in what is now St. Augustine, Florida.

In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government

began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world.

We love Irish wit and wisdom! The age-old sayings of the Emerald Isle bring people together, making us laugh, love and sometimes shed a tear. Here are some Irish proverbs to enjoy!

"If you do not sow in the spring, you will not reap in the autumn."



"Don't become broke by trying to look rich"



"You can't kiss an Irish girl unexpectedly. You can only kiss her sooner than she thought you would."



"The light heart lives long."



"May you live to be a hundred years, with one extra year to repent."

Next Vaccination Clinic
March 22nd, 9:00 a.m. - 3:00 p.m.

HERO WITH HEART: Sr. Vineeta, Memory Care Caregiver



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

WHERE WERE YOU BORN?

Cochin, Kerala in India

TELL US ABOUT YOUR FAMILY: *I have my mom (80 years old), 2 older brothers and one sister with their children.*

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME? *I love to read and listen to various inspirational talks and news updates in different languages.*

PRIOR TO WORKING AT ST. MONICAS, WHAT WAS YOUR MOST INTERESTING/FUN JOB? *After receiving my nursing license from India, I always worked in healthcare facilities and hospitals for the last 20 years. I always loved to give the best care to the patients wherever I worked.*

WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICAS? *St. Monica's has become part of my family where I could be just me and to give loving comfort and care to the community members as best as I could.*

WHAT ARE SOME THINGS ON YOUR BUCKET LIST? *I would like to visit new places and historical museums, especially in this country. If God willing, I would like to be a certified R.N. from this country and continue to work at St. Monica's.*

February Highlights Captured



If you would like to set up some VIRTUAL time to connect with your loved one contact Shannon at 262.321.7135 or email at sperez@stmonicasseniorliving.com

Our History: Sr. Amalia Weis Celebrating 50 Years of Blessed Heritage

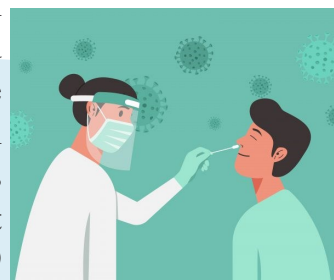


Sr. Amalia Weis was a founding Sister of St. Rita who played a pivotal role in the opening of St. Monica's and its operation for many years. She was born on Nov. 5, 1908, in Germany, to a good Catholic, farming family. She studied to become a nurse and was sent with 3 other Sisters on mission work to Bolivia.

In 1942 she was asked to come to St. Rita's Parish, here in Racine. There the Sisters took care of the domestic work but longed to care for others. With the help of Mr. Stephen Horvath, the Sisters were able to purchase the St. Monica's property from the Koleske family. After Sr. Helen's death in 1969, Sister Amalia became the supervisor and participated in the groundbreaking of St. Monica's. Sr. Amalia enjoyed being with people and her humor helped a lot. She was a hard-worker, who taught Carol how to cook, and at the age of 95 she finally retired from the kitchen. In 2008 she celebrated her 100th birthday and two weeks later she left this earth. We are so thankful for the hand she had in making our home what it is today.

How We Keep You Safe: Routine Covid-19

We have been doing routine Covid-19 testing with the BinaxNOW antigen test. BinaxNOW is a rapid test that detects Covid-19 antigens (the proteins that make up the virus) to help identify someone that is currently infected with the Coronavirus. The benefit to using this test is that the results can be used to



expedite isolation and quarantine requirements and to inform infection prevention and control measures, thus preventing transmission. All community members and staff will continue to be tested every two weeks until further notice. Next testing date is scheduled for Monday, March 8th.



Sharlene Birkenstock

Featured Community Member

Family:

3 children, 3 grandchildren,
 3 great grandchildren

Former Career:

- Line work at GE & Sylvania in Iowa
- Secretary at Sylvania
- Worked at O&H Bakery, Green Glass, and Twin Disc
- Retired 2006 from Ruud Lighting

Early Years & Hobbies:

- Born & raised in Burlington, Iowa
- Worked on the farm - milked cows, fed chickens & pigs, bail hay
- Moved to Racine in 1974
- Loved to golf and shoot pistols!
- Owns a 750 Honda Trike Motorcycle and still wants to ride!
- Member of A&D Biker Ministries

Fondest Memory:

"Dad bought a pony when I was 3 years old. When I was 3 1/2, I road the pony, by myself, to my friend Joleen's house. Her mom called my mom to say I made it there safe!"

Dad always said "You can lift it if it doesn't weigh more than a bail of hay."