

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 be free from physical restraints and inappropriate use of psychoactive medications.

Birthdays

2nd Winnie Winsor (CM)
4th Alex Torres (S)
4th Barbara Heinicka (CM)
6th Catherine Harris (S)
8th Shirley Freier (CM)
10th Elaine Kintzler (CM)
13th Lisa Corley (S)
15th Sharon Mellberg (S)
17th Claudia Kohlmann (CM)
18th Barbara Rork (CM)
18th Janice Livingston (S)
19th Lucille Peterson (CM)
20th Valeria Hines (S)
20th Zulima Martinez (S)
27th Julia Reynoso (S)
30th Howard Schilke (CM)
30th Tessy Varghese (S)
(CM) = Community Member (S) = Staff

Staff Anniversaries

Jose Barreto 7 years
Julie Wendorf 4 years
La'Sadiez West 4 years
Liliana Ventura 2 years
Mary Armstrong 1 year
Carmen Wendorf 1 year
Yaneli Fuentes Salgado 1 year
Jennifer Miller 1 year

National Day of Prayer: May 6th

Throughout history, there have been few national days of prayer. In fact, there were only a few noteworthy ones between the 1700's – 1900's. The National Day of Prayer that we know today was founded in 1952, and it was a co-founded effort between the United States Congress and President Harry S. Truman. The holiday was signed into law by President Truman, and every president since has signed a proclamation that encourages Americans to pray on and celebrate this day. The national holiday has been the first Thursday of May every year since it was founded in 1952. It stands as a day that continues the decision making of the country's founding fathers, which used the morals from biblical lessons in difficult situations. Basically, using God's guidance to make important decisions in the country and for yourself. Just like Thanksgiving and Christmas, the National Day of Prayer has become recognized by Americans nation-wide, and it is even recognized and celebrated in all Hallmark calendars.



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The Benefits of Gardening

By Loretta Baxter

Gardening provides many joys for people of all ages from children to seniors. It does not seem to matter whether one is planting flowers or vegetables. There seems to be something spiritual about digging in the dirt that makes a person forget about their troubles. AARP in an article in 2017 found that working in a garden can provide a lot of sensory stimulation and reducing the progression of dementia. It also strengthens your bones because you are outside in the sun and your body absorbs Vitamin D, which fills you



with calcium, a nutrient essential for building strong bones. (<https://www.aarp.org/health/health-living/info-2017/>). St. Monica's has both raised flower beds and vegetable gardens for community members to participate in planting and keeping them weed free throughout the summer. Stay tuned for more information from Life Engagement for planting opportunities.

Walking Club

By Shannon Perez
Life Engagement Director

We are starting May the right way! Please join us as we explore the beautiful grounds of our big backyard here at St. Monica's together. All are welcome to join, whether you need assistance or can walk independently. We will be meeting in the game room weekly as a group and then will head out to enjoy the beautiful outdoors. Please see your monthly activity calendar for dates and times. Walking outdoors in the fresh air and sunshine benefits respiratory function significantly. The Lung Institute recommends walking outdoors regularly to improve your breathing.

Useful Information

Website: www.stmonicasseniorliving.com

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

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

Subscribe: info@stmonicasseniorliving.com

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May 9, 2021

*God could not be
in every place
With loving hands
to help erase
The teardrops from
each baby's face,
And so He thought
of **mother**.*

*He could not send
us here alone
And leave us to a
fate unknown;
Without providing
for His own,
The outstretched
arms of **mother**.*

*God could not watch
us night and day
And kneel beside our
crib to pray,
Or kiss our little
aches away;
And so he sent us
a **mother**.*



HERO WITH HEART

Deb Mulder, Registered Nurse



HOW LONG HAVE YOU WORKED FOR ST. MONICAS? *I began working here as a caregiver in 2011. In 2014, I became an RN.*
TELL US ABOUT YOUR FAMILY:

My husband Dennis and I have been married for 40 years. Together we have 4 kids. Adam and Eric, who are twins, Nathan and Ashley. I also have 4 grandchildren, two of them who are fostered.

PRIOR TO WORKING AT ST. MONICAS, WHAT WAS YOUR MOST INTERESTING/

FUN JOB? *I framed pictures for 20 years, that was a really fun job.*

WHAT DO YOU LIKE MOST ABOUT WORKING AT ST.

MONICAS? *I really enjoy long-term care because we really get to know and care for our community members, they become like family. I'm really glad to be working in a place that supports the spiritual lives of our community members. I think that is so important.*

WHAT ARE SOME THINGS ON YOUR BUCKET LIST? *I would like to go out west and explore some of the national parks like Yosemite and Estes park. Maybe spend a year traveling in an RV.*



Memorial Day

We are truly honored and blessed to have Veterans reside with us at St. Monica's. Not only do we honor them, but we also love to listen to their extraordinary heroic stories and battles they endured for our country. Let us remember our mothers, fathers, sisters, and brothers that have loved ones overseas or in the Military. Let us also remember the ones who we have lost.

This Memorial Day please join us as we honor our veterans and the ones who have served and continue to serve our country. **The program will be held on Friday, May 25th at 2:00 pm in our main dining room.** We will honor our veterans and listen to patriotic songs we remember. We cannot ever thank you enough for your continued service to our country. Dear Lord, today we honor our veterans, worthy men and women who gave their best when they were called upon to serve and protect their country. We **pray** that you will bless them, Lord, for their unselfish service; bless them abundantly for the hardships they faced, for the sacrifices they made.



A Blessed Heritage:

50th Anniversary Celebration Continues



The Village of Caledonia declared Feb. 1, 2021, as "St. Monica's Senior Living Day" to mark the 50th anniversary of the senior community located at 3920 N. Green Bay Road. To honor the occasion, a small group gathered to share memories and enjoy cake.

The celebration will continue throughout the year with the gallery premier of The Passions Project on May 18; Cheers to 50 Years: ART | WINE | MUSIC on Aug. 14; and the 9th Annual Golf Outing on Sept. 16. For details about the events, visit stmonicasseniorliving.com.

The story of St. Monica's starts in 1965, when the Sisters of St. Rita purchased the former Koleske Farm. The sisters had been serving the Monastery of the German Augustinian Fathers and the newly founded St. Rita's Parish on Douglas Avenue since 1942 but were seeking an opportunity to serve that better aligned with their mission of family care and decided to build a senior citizen home.

To purchase the farm, they sold their first convent across from the parish, along with a nearby house they inherited from a man for whom they provided care. The sisters also raised funds by selling homemade baked goods, noodles, canned fruits, and plants. By Christmas 1966, they were able to move into the farmhouse.

During the past 50 years, St. Monica's has expanded its footprint to 126,000 square feet with three major additions, has solidly established itself as the "Best Senior Community" in Racine County for four consecutive years, and is home to over 100 residents in both its assisted living and memory care communities.



Celebrate our Nurses

National Nurses Week May 6-12

Nurses Week is an annual celebration of nurses worldwide for the work they do for others. The week allows people the chance to acknowledge the nurses in their lives. It also provides an opportunity to thank nurses within the industry as a whole for the work they've done.

The history of Nurses Week started when Dorothy Sutherland of the U.S. Department of Health, Education and Welfare sent a proposal to President Eisenhower in 1953 to create an official Nurse Day. About 20 years later, in February 1974, President Nixon created a week to acknowledge the nursing profession. In 1978, New Jersey's Governor, Brendan Byrne, declared May 6 as National Nurses Day. In 1981, the American Nurses Association and other organizations helped make it official. Furthermore, the International Nurse Council declared "International Nurse Day" be May 12th after Florence Nightingale. After a few years, the American Nurses Association determined that profession deserved an entire week.



Helen Larsen Featured Community Member

Family:

4 children, 9 grandchildren

11 great grandchildren

Former Career:

- Worked in sales at Barden's in Kenosha for 3 years (met husband there)
- American Motors in Kenosha
- Retired from the Mill factory

Early years & Hobbies

- Graduated from Business College
- Volunteered to do income taxes for elderly
- Leader of the Catholic Women's Club & still a member
- Member of the Stamp club
- Joined Line Dancing at Senior Center

Fondest Memory:

"One of my fondest memories has to be when I met my husband, Jack. I will never forget him and the great times we had. Another fond memory is seeing my children all grown up and be being around at 101 to still enjoy them."