

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 receive information about the method for evaluating their service needs and assessing costs for the services provided.



Birthdays

Laurie Howe (CM) 3rd
Margaret Anderson (S) 4th
Yaneli Fuentes Salgado (S) 5th
Sylvia Martin (CM) 6th
Richard Pizanoski (CM) 6th
Cathleen Richter (CM) 7th
Grant Sheldon (S) 10th
Jon Schoeffel (CM) 11th
Shannon Perez (S) 12th
Erna Simon (CM) 15th
Selena Bernal (S) 22nd
Mekeda Gilmore (S) 22nd
Katia Pironkova (S) 27th
Rosalie Pulda (CM) 30th
Virginia Dziedzic (S) 30th
(CM) = Community Member (S) = Staff



Staff Anniversaries

Lidija Aliji 18 years
Dana Petit 7 years
Margaret Anderson 4 years
Cadreka Smith 3 years
Evita Gunderson 2 years
Celia Venegas 1 year
Chelsea Armstead 1 year
Tiffany Booker 1 year
Janett Sifuentes 1 year

October - Specially Dedicated to the Holy Rosary

"Cling to the Rosary as the creeper clings to the tree - for without Our Lady we cannot stand."

(Mother Teresa of Calcutta)

The Rosary was her favorite and constant prayer. She prayed the rosary anytime, anywhere, but was especially fond of praying the rosary before the Blessed Sacrament. Saint Teresa of Calcutta, by her example and especially by her silent witness of clinging to Our Lady through the rosary – and by her words, taught her followers and each one of us to pray and to work in union with Our Lady.

"This month of October must be very special to each one of us, as it is the month during which Our Lady invites us all in a very special way to contemplate with her the mysteries of Jesus' life that she shared so fully, through our fervent praying of the Rosary. Yes, we must always be very faithful and never give up praying the Rosary."

Let us heed her voice and follow Mother Teresa's example of praying the Rosary daily with great love and fervor.

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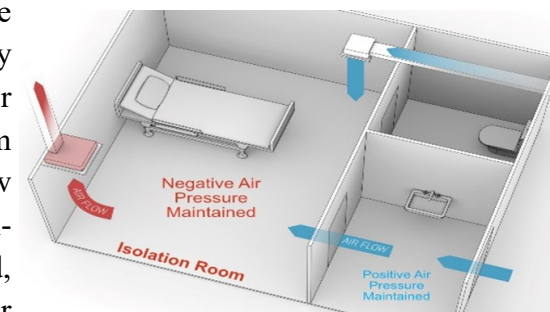
How We Keep You Safe: Negative Pressure Rooms

By Mirsad Aslani, Director of Maintenance

Our whole world has drastically changed due to the current pandemic caused by the Coronavirus, also known as Covid-19. We, at St Monica's, have always placed the safety and well-being of our community members first and foremost. Although we hope there are no further cases of Covid-19 at St. Monica's we are prepared. One newly added precaution is the creation of 2 negative pressure rooms that can accommodate up to 4 community members.

The rooms are called negative pressure rooms because the air pressure inside the room is lower than the air pressure outside the room.

This means that when the door is opened, potentially contaminated air or other dangerous particles from inside the room will not flow outside the room into non-contaminated areas. Instead, non-contaminated filtered air will flow into the negative pressure room. Contaminated air is sucked out of the room with exhaust systems, away from the home. To verify that we have and maintain negative pressure in these rooms we have also installed electronic pressure sensors/indicators to verify negative pressure. St. Monica's will staff these rooms with dedicated caregivers who will only be caring for the infected community members. By doing this, it will help ensure we are not spreading the virus.



OCTOBER NATIONAL BREAST CANCER AWARENESS MONTH

By Loretta Baxter,
Executive Director

(Read the full article at
stmonicasseniorliving.com/blog)

As a breast cancer survivor (6 years) I'm passionate about educating all women and men (yes men can get breast cancer too) about the factors that can increase your risk of breast cancer and what you can do to reduce your risk. I was fortunate in that my breast cancer was picked up early (Stage I) on a routine mammogram.

On October 9th, St. Monica's will hold a breast cancer awareness day. Everyone is encouraged to wear pink. Pink ribbons will be distributed to all those who would like to wear one.

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

Doctors know that breast cancer occurs when some breast cells begin to grow abnormally. These cells divide more rapidly than healthy cells do and continue to accumulate, forming a lump or mass. Cells may spread (metastasize) through your breast to your lymph

“I was fortunate in that my breast cancer was picked up early on a routine mammogram.”

— Loretta Baxter



nodes or to other parts of your body.

Researchers have identified hormonal, lifestyle, and environmental factors that may increase your risk of breast cancer. But it is not clear why some people who have no risk factors never get cancer. It is likely that breast cancer is caused by a complex interaction of your genetic make up and your environment. Doctors estimate that about 5 – 10% of breast cancers are linked to gene mutations passed through generations of a family.



Risk Factors

A breast cancer risk factor is anything that makes it more likely you will get breast cancer. But having one or even several breast cancer risk factors does not mean you will necessarily develop breast cancer. Many women who develop breast cancer have no known risk factors other than simply being a woman. Some factors include:

- Being a female
- Increasing age-your risk of breast cancer increases as you age
- A personal history of breast conditions
- A family history of breast cancer
- Radiation exposure
- Obesity
- Beginning menopause at an older age

Dates to Know...

October 9th - Wear pink day for breast cancer month

October 13th & 14th - Flu shots will be given between 9:00 a.m. and 11:00 a.m. by Hometown Pharmacy.



October 14th - Deadline to register to vote at St. Monica's. Shannon will be making sure everyone is registered.

- Having never been pregnant
 - Drinking alcohol
- Prevention Ideas**
from the Mayo Clinic - mayoclinic.org
- Ask your doctor about breast cancer screening.
 - Become familiar with your breasts through breast self-exam for breast awareness.
 - Drink alcohol in moderation, if at all.
 - Exercise most days of the week. Aim for at least 30 minutes of exercise on most days of the week.
 - Limit postmenopausal hormone therapy.
 - Maintain a healthy weight.
 - Choose a healthy diet like the Mediterranean diet
- Encourage a friend to get a mammogram. You might just save a life.

(Read the full article at stmonicasseniorliving.com/blog)

October 15th - Outdoor visitation station closes. National Pizza Day Infusions Pizza for dinner

October 19th - Voting day for the November Presidential Election. Shannon will assist, if needed.

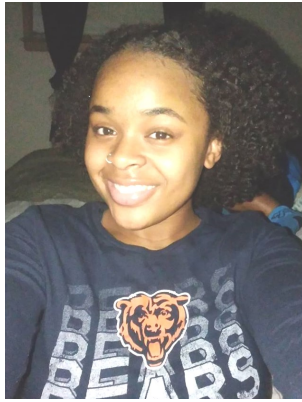
October 31st - Halloween Trick or Treat goody bags from staff to community members

January 1, 2021 - all community members are being asked to provide their own linens.

- Suggested needs are:
- 3 sets of sheets
 - 4 hand towels
 - 4 bath towels
 - 12 wash clothes



HERO WITH HEART
Staff member caught going above & beyond: Rhondaija Perry



DEPARTMENT/ROLE: *Assisted Living Caregiver*
HOW LONG HAVE YOU WORKED FOR ST. MONICAS? *1 year*
PRIOR TO WORKING AT ST. MONICAS, WHAT WAS YOUR MOST INTERESTING/FUN JOB? *Racine Country Club catered big parties, including weddings. Had a lot of fun seeing the weddings.*
WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICAS? *I love helping the community members and building a relationship with them. I also enjoy giving a helping hand when needed with staff.*

TELL US ABOUT YOUR FAMILY: *I have a wonderful boyfriend of 4 years and a beautiful 2-year-old son.*
WHERE WERE YOU BORN? *Racine, WI*
WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME? *I enjoy watching any series on Netflix and reading drama and mystery books.*
IF GIVEN THE CHANCE, WHO WOULD YOU LIKE TO BE FOR A DAY AND WHY? *A business owner in New York, just so I can see how things are done. I would love to do this someday on my own.*
WHAT ARE SOME THINGS ON YOUR BUCKET LIST? *I would love to travel just about anywhere. One place I would love to visit is Mississippi.*

THE GENERAL STORE IS OPEN!

You can find many low cost essentials in our St. Monica's General Store, located on the lower level just off of the coffee room. It is now open Monday through Thursday from 9:00 a.m. – 10:00 a.m. Limit 2 shoppers in the store at one time. Good news, you don't even need cash to shop! The shop attendant can put your items on your "tab" if you prefer. We are also looking for a community member volunteer to work in the shop one or two days per week. Please see Shannon, if you are interested.



If you need assistance with, or would like to set up a virtual visit with your loved one, contact

Shannon at 262.321.7135 or email at sperez@stmonicasseniorliving.com



Jeff Domer
Featured Community Member

Early Years & Hobbies:

- Born & raised in Indiana
- Collected Stamps & Fossils
- Read over 1,000 books
- Loves to do puzzles & paint
- History buff

Former Career:

Worked at York High School for 25 years in maintenance/janitorial service until the school closed

Hamburger Heaven in Chicago

Fondest Memory:

“Selling my house with my mom in Racine and moving to St. Monica's together. I have lived here for 10 years now! I really enjoy the people here and the friends I have made.”