

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 participate in your initial care/service plan and any revisions or updates at the time changes occur.



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For the latest
information on
how Covid-19
affects life inside
St. Monica's:

Hotline: 262-383-3303

Website:
[stmonicasseniorliving.com](http://stmonicasseniorliving.com/coronavirus-updates)
[/coronavirus-updates](http://stmonicasseniorliving.com/coronavirus-updates)

A Grandparents Prayer

*God, you have blessed
me indeed as the child I
love has children I love
with all that is within me.
I pray that in your mercy
you watch over and
protect my grandchildren
as you have always done for me. May their lives be
long and healthy. May they have the courage to follow
their dreams and should the day come when I am no
longer on this earth with them, may they look back
upon me with fond memories and may they never forget
that they were and always will be deeply loved by me.*
~ Jane Craft



How We Keep You Safe: Let's Fight the Flu!

By Stephany Lichter, RN Director of Nursing Services

Getting a flu shot each year is a good idea for everyone, but it is even more important for seniors over the age of 60. Increased vulnerability to the virus and increased risk of complications make it imperative that seniors take every precaution to avoid getting the flu and the vaccination is the best form of prevention. Influenza, or the flu as it's more commonly known, is a viral illness that affects the respiratory system and can be easily spread from person to person.

How is it spread? Those with the flu can spread it to others when they cough or sneeze. The influenza virus is contained in droplets from the throat and nose. These droplets can travel through the air via coughing, sneezing and talking, or they can collect on an object touched by an infected person.

As a large community, St. Monica's can be greatly affected by the spread of influenza. If one person contracts the flu, it could quickly spread throughout our community and jeopardize the wellbeing of many others. For your convenience, the flu vaccination will be offered here at St. Monica's, by Hometown Pharmacy. More details to come!



World Alzheimer's Month

By Michelle Szczepanski, LPN
Memory Care Manager

September and the color purple represent Alzheimer's and bring worldwide awareness to a disease that affects almost 6 million older Americans, age 65 and older, this year. Historically, the color purple was chosen combining blue and red - blue for the calming properties and red for energy.

The course of the disease can vary from as few as 6 years to as many as 20. Dementia is an umbrella term with Alzheimer's disease falling under that umbrella as a type of dementia. My experience in memory care is both professional and personal. While the cure for Alzheimer's may be years or decades down the road, there are things we can learn now that can help friends

continued on page 2

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

Source: www.dhs.wisconsin.gov/dph/bcd.htm

and families acting as caregivers and additionally, smooth the rough journey ahead for the person living with Alzheimer's. Several parts of cognition are affected by the disease - memory, awareness/safety judgement, reasoning & insight, etc. These changes cannot be controlled. There is no clear line between

"If you learn to listen for clues as to how I feel, instead of what I say, you will be able to understand me better."

— Mara Bottonis
(Alzheimers.net)

the 3 stages of Alzheimer's - early, middle, and late. Each stage can last years and appear to remain unchanged. Lifestyle changes like regular exercise, following a Mediterranean diet, and mental stimulation, have made positive changes for some. Eliminating as much lifestyle stressors as possible is key to minimizing affects on memory and concentration. In close, here are two of my favorite quotes describing life as a person living with Alzheimer's:
"If you learn to listen for clues as to how I feel, instead of what I say, you will be able to understand me better."
"My eyes do see, my ears do hear. I am still me, so let me be clear. My memory may fade, my walk may slow. I am me inside - don't let me go."

Heidi's Passion Project Comes to St. Monica's

The Passions Project is a portrait series that includes photographs by nationally recognized Colorado photographer and Racine native, Heidi Wagner. She will be coming to St. Monica's this month to photograph some of our community members doing their passions. For 15 years, Heidi has used her camera to look closely at extraordinary people of all ages. Since 2011, she has made The Passions Project the central focus of her creative work. This project gives a new view of aging and the



importance of living life with passion and purpose.

"My personal passion is playing the game of squash. I have been an athlete all my life and in this

time of Covid, when it is not safe to play squash, I have switched my focus to playing tennis." Heidi shared "I am a big supporter of women's sports and I also love riding my bike, listening to podcasts and watching movies." We are honored to welcome Heidi to St. Monica's!



HERO WITH HEART:

A St. Monica's staff member caught going above and beyond: Malena Brown

DEPARTMENT/ROLE: *Assisted Living CNA & Medication Technician*

HOW LONG HAVE YOU WORKED FOR ST. MONICAS? *1 year and a half*

PRIOR TO WORKING AT ST. MONICAS, WHAT WAS YOUR MOST INTERESTING/FUN JOB? *When I worked at Franciscan Villa in South Milwaukee - staff appreciation provided massages and meals every so often and they had a cafeteria with different food.*

WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICAS? *The level of care the community members receive, give me pride in my work. This is one of the best places I've worked as a CNA. I would feel comfortable moving my family here, if needed.*

TELL US ABOUT YOUR FAMILY: *I have a spouse who I have been with for 11 years. We have 2 fur babies that are Pomeranians. I have 2 brothers and a sister that I'm very close with and a 5 year old niece who is like my daughter.*

WHERE WERE YOU BORN? *Racine, WI*

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME? *Cook, read, and shop both online and in the stores!*

IF GIVEN THE CHANCE, WHO WOULD YOU LIKE TO BE FOR A DAY AND WHY? *A labor and delivery nurse so that I can help bring baby into the world.*

WHAT ARE SOME THINGS ON YOUR BUCKET LIST? *To travel to more, I would love to go to Paris, Italy and Greece. Bungee jumping and sky diving!*

OUR MISSION!



In the spirit of our founders, the Sisters of St. Rita, we provide a compassionate, safe, loving family home environment that respects the dignity of all our community members. We strive to meet the physical, emotional, social and spiritual needs of each of our community members and support their families.

amazonsmile

Please support St. Monica's by doing your Amazon shopping on AmazonSmile! A percentage of your purchase will benefit our not-for-profit mission.

<https://smile.amazon.com/ch/39-1137868>

(Our name appears as "United States Catholic Conference")

National Grandparents Day September 13th, 2020

Grandparents Day is a national holiday, celebrated each year on the first Sunday after Labor Day, although it is not classified as a federal holiday. The purpose of the holiday is to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer.



Since we are all living through a global pandemic during this year's Grandparents Day, it is challenging to see grandchildren in person. Some ideas to connect are to phone them, text them, FaceTime or Skype with them, or even write them an old-fashioned letter. Of course, you could also send them a card. Don't forget about window visits!

We also have a way for families to connect with loved ones through "Grand Grams"! Send pictures and messages through the mail, St. Monica's Facebook post, messenger or email Shannon at sperez@stmonicasseniorliving.com. We will be sure to get the message to your loved one.

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



Mary Jo Becker Featured Oak Lane Community Member

How Many Kids & Grandkids?

3 sons & 3 daughters
7 grandkids, 4 great grandkids

Early Years & Hobbies:

- Born & raised in Racine with her dog named Skippy and sister, Nancy
- In high school, she and her friends would take the train down to Wrigley Field to watch the Cubs play!
- Attended St. Mary's School of Nursing in Milwaukee
- Loves musicals and music; used to enjoy cooking, knitting, golf and riding horses

Former Career:

Pediatric Nurse for 30 years

She loved seeing all the kids when she worked for the pediatric office

Fondest Memory:

"When I was young my parents would take me and my sister up to the family cottage at Little Green Lake. We would sing songs during the whole 2 and a half hour road trip. The tradition of singing songs continued with my kids every time we went on road trips. My favorite was Let The Rest of The World Go By by Gene Autry"