



# THE **community** MONITOR

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## Welcome to 2021!

By Michelle Szczepanski

As we say goodbye to 2020, which for many of us, proved to be a year of adjustment and loss, my hope for you and your family is that we can recover to whatever “normal” our lives will be. Like many people, I find inspiration in a new year. It is a clean slate for the 365 days ahead of me.

“No one can go back in time to change what has happened. So, work on your present to make yourself a wonderful future.”

Resolutions to improve health, having a better work life balance and being more mindful in daily tasks are common for many of us.

Making some healthier choices can also help reduce your risk of dementia (age and genes aside). Risk factors alone do not cause dementia but keeping a healthy lifestyle can help to reduce the risk. Here are some ideas to consider:

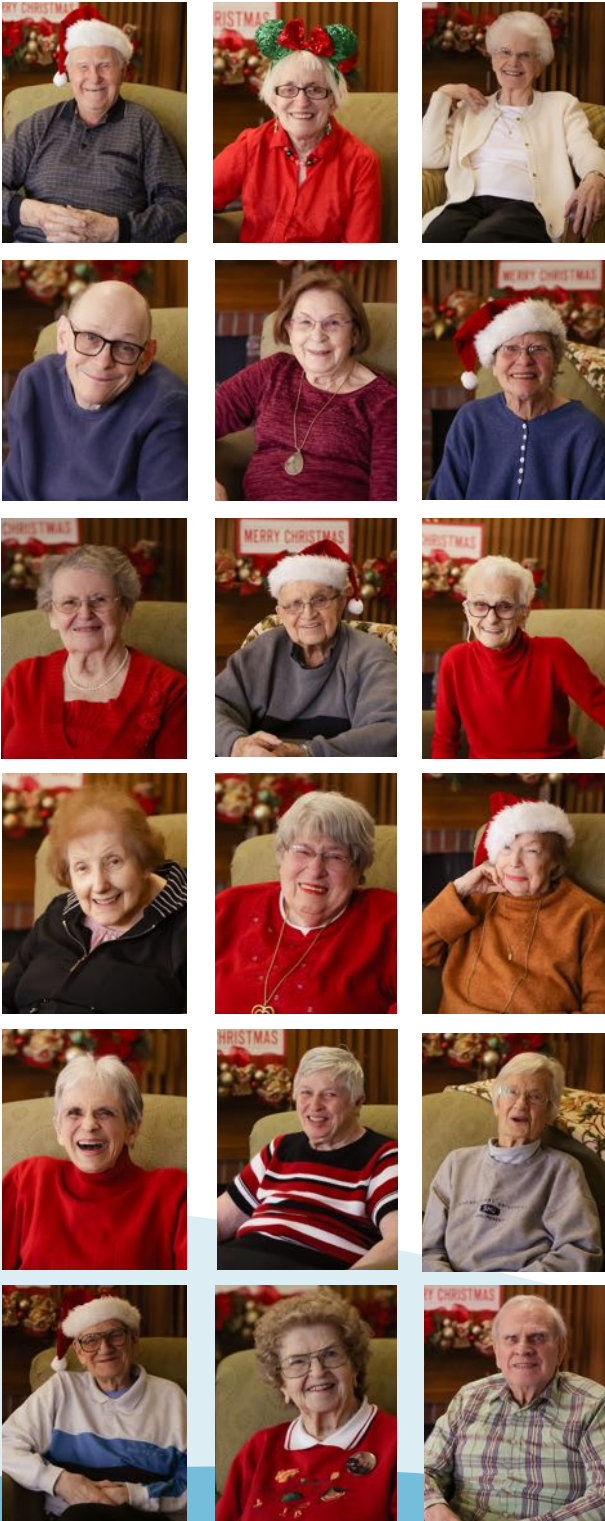
- Get moving.... start with a few steps!
- Eat well/eat better (remove one “bad” choice item from your diet at a time to make it less overwhelming)
- Cut down or remove alcohol and stop smoking
- Keep your mind active (puzzles have been very popular in 2020, try to do mental math)
- Look after your general health.

In closing, think about what you are bringing to the New Year. What the New Year brings depends on what we bring to it. The New Year is YOURS. What will you do with it?



# HAPPY NEW YEAR!

from your neighbors!



## CAUGHT YOU CARING...

Staff member caught going above and beyond

Sarah Schroeder, LPN

**How long have you worked at St. Monica's?**

I have worked at St. Monica's for 4 and 1/2 years - 3 years as a Certified Nursing Assistant, and 1 and 1/2 years as a Liscensed Practical Nurse. I have recently graduated from Gateway Technical College and am currently waiting to take my Registered Nursing Exam (NCLEX RN).



**Prior to working at St. Monica's what was your most interesting/fun job?**

St. Monica's was my first job besides dog walking and babysitting.

**What do you like most about working at St. Monica's?**

What I most enjoy about working at St. Monica's is the taking care of the residents!

**Where were you born?**

I was born in Racine, WI, but I currently live in Kenosha, WI.

**Tell us about your family:** I have been married to my husband Freddy for 2 and 1/2 years. I have four pets; Mater my hamster, Clarice and Blueberry my parakeets, and my new puppy Emma.

**What do you like to do in your spare time?**

In my spare time I like to do crafts, decorate, hike, and, play the violin.

**If given the chance, who would you like to be for a day and why?**

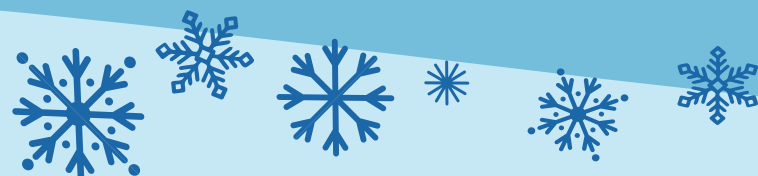
I am not exactly sure who I would be for a day.

**What are some things on your bucket list?**

Some things on my bucket list would be to obtain my Master's degree in nursing, have a family, and go to Europe.



*If you need assistance with or would like to set up some time to connect virtually with your loved one please contact Shannon at 262.321.7135 or visit our website at [sperez@stmonicasseniorliving.com](mailto:sperez@stmonicasseniorliving.com)*





# How we keep you safe:

## Covid-19 Vaccination Update

The Pfizer-BioNTech and the Moderna COVID-19 vaccines have been granted Emergency Use Authorization (EUA) by the government and have begun distribution throughout the United States. The Centers for Disease Control (CDC) is making coronavirus disease 2019 (COVID19) vaccination recommendations based on input from an Advisory Committee on Immunization Practices (ACIP). ACIP is a federal advisory committee made up of medical and public health experts who develop recommendations on the use of vaccines in the U.S. public. States are working in real time to develop vaccination priorities anticipating a first round of vaccines doses in the coming months. Many have interim plans in place for vaccine allocation.

St. Monica's partnered with Walgreens Pharmacy and we are working to get the vaccine administration record and consent signed for every community member interested in receiving the vaccine. Your best protection from COVID-19 will be a combination of getting a COVID-19 vaccine,

wearing a mask, staying at least 6 feet away from others, avoiding crowds, and washing your hands often. No one tool alone is going to stop the pandemic. Based on what we know about vaccines for other diseases, experts believe that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19, like you.

St. Monica's will announce the dates for the COVID-19 Immunization Clinics in the coming weeks.



### Featured Community Member

## Ted Wasiak

### Family:

- 4 daughters & 2 sons
- 3 grandsons
- 1 great granddaughter

### Early Years & Hobbies:

- Born in Racine, he is a twin who had 8 siblings!
- "Hobby Farmer" for over 45 years – goats, horses, collie dogs. Shared produce with all his neighbors.
- Enjoyed playing touch football, baseball and golf
- Loves to fish, tend plants, play bingo and putting

### Former Career:

- Served 3 and a half years in the Army where he spent time in Germany and the Philippines
- Worked as a custodian for 30 years for Racine Unified Schools

### Fondest Memory:

- "Having my girls. I'm so blessed to have them still."
- "I was happiest driving one of my tractors around my 10 acre hobby farm."



# 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 services in a manner that protects privacy and dignity.**



## Birthdays:

- 2nd Shari Bauer (CM)
- 7th Tara Ramcke (S)
- 8th Robin Kingsbury (S)
- 8th Sherrita Carlisle (S)
- 11th Angelica Summer (S)
- 11th Megan Lichter (S)
- 14th Anne Marie Steensen (S)
- 16th Doris Zimmerman (CM)
- 17th Cynthia Hossli (S)
- 21st Sarah Rodriguez (S)
- 23rd Leah Varebrook (S)
- 24th Jequaria Shannon-Price (S)
- 24th Jacqueline Sherwood (CM)
- 26th Dana Petit (S)
- 27th Jerome Barina (CM)
- 28th Malena Brown (S)
- 30th Trudell Newberry (CM)

## Staff Anniversaries:

- Angelica Summer 45 Years
- Roberta Gedemer 6 Years
- Michelle Szczepanski 3 Years
- Morgan Wright 2 Years
- Maria Faz 1 Year

(CM) = Community Member  
(S) = Staff



## A Prayer - The Year Ahead

*"May God make your year a happy one! Not by shielding us from all sorrows and pain, But by strengthening us to bear it, as it comes; Not by making our path easy, But by making us sturdy to travel any path; Not by taking hardships from us, But by taking fear from our heart; Not by granting us unbroken sunshine, But by keeping our face bright, even in the shadows; Not by making our life always pleasant, But by showing us when people and their causes need us most, and by making us anxious to be there to help. God's love, peace, hope and joy to us for the year ahead."*

*- Author Unknown; Adapted by Debra Mooney*



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