

Special Events this month

Happy Hour with Ken: Friday, January 3rd, 2:30pm in the party room.

Meli's Café Outing: Tuesday, January 7th, at 11:00am, please bring your own money for lunch. Outstanding food, go hungry.

Charlie Performs: Wednesday, January 8th, 2:30pm, he may be 97 years old but this piano man can still play the piano. Party Room

Crafts with Soul Church: Saturday, January 11th at 1:00pm. Please join these wonderful volunteers for some great crafts in the party room.

Dental Screening: Monday, January 13th at 9:00am. You must make an appointment for this. For information call Bernice at 321-7134.

Movie Outing: Tuesday, January 14th at 10:00am. \$5.00 buys a popcorn and movie, what a great deal.

Martha and Organ Music: Wednesday, January 15th at 3:00pm in the chapel.

Family Night Bingo with Kathi: Wednesday, January 22nd at 5:00/6:00 pm. Bring the whole gang to dinner and bingo.

Cribbage Tournament: Saturday, January 25th at 1pm in the party room. Come join this fun event, \$3.00 entrance fee.

Winter Dance: Friday, January 31st at 6:00pm. This traditional dance features the Men in Black and is open to all family and friends, no costs.

Useful Information



Web page www.stmonicasseniorliving.com



262-639-5050



Like us on Facebook, see what our upcoming events are, and view our latest pictures.



Tweet with us at [Twitter.com/stmonica](https://twitter.com/stmonica)



Call 262-321-7138 to receive a copy of our Newsletter electronically

Administrator:
Loretta Baxter RN, MBA

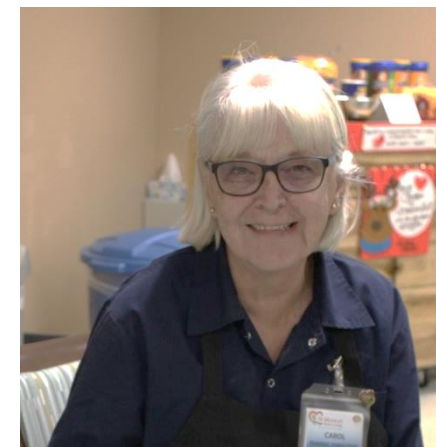


Monitor

January 2020 Vol. 46

Time to say goodbye...

As we begin our New Year together we start off by bidding farewell to two of our most cherished staff members.



Carol Stutzke has been a mainstay at St. Monica's for 43 years. She has seen many changes through the decades. Carol started in the kitchen as a young mother and worked her way up to dining director. She has gone through four expansions of St. Monica's and trained generations of kitchen staff. Past employees have sent their teenagers to Carol to work and train in the kitchen. Carol has enjoyed working and learning from the Sisters of St. Rita. She has prepared homemade meals using some of their recipes, cooking from scratch. Carol loved working at St. Monica's, serving our community members and dishing up the best food possible. Our best estimate is approximately 50,000 meals!



Sr. Clare has been with St. Monica's 25 years and the Sisters of St. Rita for 26 years. She is going to retire from our activity team and turn her talents to home visiting for our community and looking after the Sacristy in our chapel. Sr. Clare is well known for her dressing up and antics at many of our events. She loved to write plays for our community members to perform. Her very moving reenactment of the Stations of the Cross, is used annually and performed by staff, volunteers and community members. Sr. Clare is also known for her love of chocolate!

Both of these outstanding women will be greatly missed. We wish them all the best and God's blessings wherever this new phase in their lives take them.

St. Monica's Newest Community Member



Vina Jacobs, room 66, is a new member of our community. Vina came to join us from her apartment at Fountain Hills. She enjoys spending time in her new room, watching tv, especially newscasts and sporting events. Vina is a graduate of Park High School and the University of Wisconsin-Madison, where she obtained a degree in communication. Her professional career was spent working at S. C. Johnson as a secretary which she says was a job she liked very much. After her retirement she enjoyed traveling to the western United States. Vina is a member of Gethsemane Lutheran Church. She says she enjoys living here and is getting to know some of her peers. Welcome to St. Monica's, Vina!

Religious Services

Catholic

Mass @ 8:30am every weekday morning

Saturday no Mass

Sunday Mass Celebrated at 4:00pm.

Other Services:

1st Thursday – Rev. Stephens, Lutheran Church of the Redeemer ELCA: 10:30am

2nd Thursday – George Kafer, Christ Church: 10:30am

3rd Thursday – Chaplain Terry: 10:30am

4th Thursday – Don Francis, North Point United Methodist: 10:30am

5th Thursday – Chaplain Terry: 10:30am



Caring Moments...



Erin, from Allay Hospice did a Christmas sensory program with our 5 senses to help us remember the holidays. She played the guitar and guided the discussion about Christmas memories. We talked about the aromas of Christmas; ginger, pine needles, cinnamon and peppermint. We heard many stories of how families celebrated Christmas over the years. Our veterans brought a tear to our eyes with the stories of the Christmas' that they missed while overseas. The common thread to all these wonderful stories was that these memories were about their families and friends.

Caught you Caring



Tiffany Conhartowski has been witnessed performing unsolicited acts of kindness for our community members. She has been a caregiver for a year and enjoys spending time with our community members, especially, one on one time. Tiffany has one dog and one cat who are part of her family. She has two brothers and two sisters and she is the "big" sister to them. She enjoys hanging out with her family and friends and also likes to shop.



"Moonlight Serenade" *St. Monica's Annual Winter Dance.*

Our annual winter dance is this month and we are already preparing for it. This year's gala event will be bigger and better than ever.

Our music is provided by the fabulous "**Men in Black,**" a five piece band playing our favorite dance numbers. Our party room will be transformed into a ballroom, complete with photo opportunities. There will be tasty tidbits and sparkling refreshments available.

Our dance is Friday, January 31st @ 6:00pm. Please invite your family and friends to attend this sparkling affair. If you wish to reserve a table please call 321-7138 and tell us how many in your party. Our band will take requests so bring the song titles of your favorite dances or tell us ahead of time and we'll request it for you. We hope to see you all there!



We would like to extend our gratitude and appreciation to everyone who made this Holiday Season such a memorable one. St. Monica's is so blessed with our board members, staff, volunteers, family members, schools, churches and private industries who have shared their time and significant talents with us.

We wish you all a very happy, healthy and prosperous New Year.



Dr. Pothen, Visiting Physician

We are delighted that Dr. Pothen has a three year successful relationship with St. Monicas. As a family medicine physician, Michael Pothen, MD, provides primary care from birth to geriatrics. Dr. Pothen's goal is not only to treat illness but to establish a relationship instilling confidence that he is invested in the personal well-being of our community members and their families. We strive to offer the best care and he is honored to be chosen for that responsibility.

Dr. Pothen earned his medical degree at Medical University of the Americas, West Indies, and completed his family medicine residency at Flower Hospital, Sylvania, OH. He is board certified by the American Board of Family Medicine.

In his free time, Dr. Pothen enjoys outdoor sports and activities and spending time with family and friends.



Remember, it's flu and cold season. Please, please cover your coughs and sneezes. It is very important to keep washing your hands several times a day, especially before and after each event and meal. Let the nurses know if you don't feel well, and let them know your symptoms too.

Visitors – if you don't feel well, and you need to be in the building, please put on a face mask and sanitize when you enter the building and several times while you're visiting. Thank you.

Cribbage Tournament



We are sponsoring a cribbage tournament this month for our community members and whomever else would like to participate. The tournament is being held on Saturday, the 25th at 1pm. Entrance fee is \$3:00. Please call Joanie at 321-7138 if you have questions or would like to sign up.

Prayer Shawl



Sr. Jana's Prayer Shawl knitting and crocheting circle has a new day and time. This lively group meets every Monday afternoon at 2:30 in the coffee area. We can supply needles and yarn, and welcome all new comers. The squares knitted are donated to Froedtert Hospital Bereavement.



Our shining star this month is Martha Shea

Martha Shea has two granddaughters. During her working years she was employed as a manager with Metlife Insurance Company. She says she was busy working and raising her daughter and did not have a lot of time for leisure activities. She enjoys watching television, especially MSNBC, as she finds keeping up with what is going on in our country to be fascinating. Martha is Catholic and attends mass here at St. Monica's. She says she enjoys the meals, the food is good, and she has tablemates who are very nice and fun to talk with. Martha is always ready for a good conversation and really enjoys a wide variety of music.

JANUARY BIRTHDAYS!

Community Members

Mary Barrows 1/2
Ann Budrys 1/8
Don Klein 1/14
Doris Zimmerman 1/16
Minerva Holz 1/23
Jerry Barina 1/27
Kathleen LeRoux 1/27

Staff Members and Anniversary Date

Shareya Williams 1/4
Rebecca Seitz 1/6
Tara Ramcke 1/7
Sr. Angelica 1/11 1976
Megan Lichter 1/11
AnneMarie Steensen 1/14
Cynthia Hossli 1/17
Casey Hoover 1/20
Sarah Rodriguez 1/21
Leah Varebrook 1/23
Dana Petit 1/26
Erica Nelson 1/28 2017
Malena Brown 1/28



St. Monica’s Leadership Team recounts successful year.



2019 is now in our rear-view window and what a year it has been. Here are just a few of our accomplishments to make your world more comfortable and person-centered.

Building Maintenance Services

The maintenance department implemented a facility wide “TELS” system or computerized maintenance management system. Although it is behind the scenes, it increases the efficiency of the maintenance department by allowing them to access the system anywhere in the building and track progress of projects. Anyone of us can check the system and see the progress of a project that the maintenance team is working on.

Mirsad’s team installed light sensors in the public bathrooms that detect motion and shut off when no one is in the room. This will help save money and lower costs. The south parking lot was paved so that families and yourselves can safely walk to the building. Other improvements included: installing soap dispensers and paper towel holders in each of your rooms; a new ice machine in the Café; renovated 4 bathrooms and installed European walk-in-showers; renovated 2 suites including the kitchenettes; and for security purposes installed a new exterior camera system.

Health and Wellness

Stephany Lichter and her nursing team implemented a new “Nurse Call System” that ensures continuity of care, faster response times to needs and overall better communication between staff and community members. Stephany and team also began using an online learning management system called, Medcom. This system provides high quality, diverse training to our caregivers and other staff for continuing education requirements. Medcom updates content regularly to ensure that the training reflects regulatory changes and tracks all the education that staff receive. For security purposes the nursing team also installed a key tracking system called, Traka 21 that tracks all keys that the caregivers and nurses have so your security can be preserved. Other improvements that nursing accomplished this year: installing a needle disposal system through Stericycle; and developing a new Emergency Preparedness manual.

Lighting Changes at St. Monicas

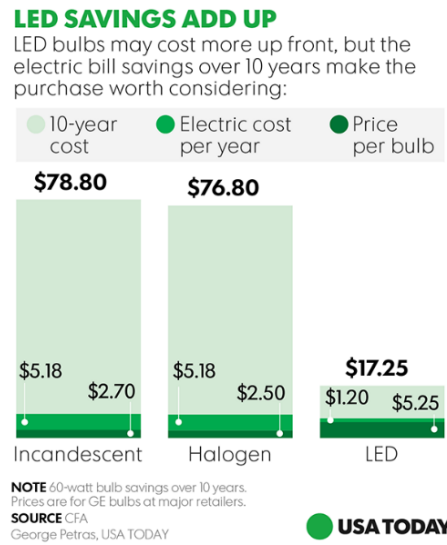


Change is the law of life. And those who look only to the past or present are certain to miss the future.
John F. Kennedy

Could you imagine a farmer still plowing his fields with horses in this day and age because he is not willing to use the latest technologies available to him? Not a very efficient farmer, is he? If he would use a tractor, he could plow one-hundred acres a day and not just one.

In a way, we are currently doing the exact same thing with our everyday common light bulb. This is an item that was invented in 1879, and has not changed for over 100 years, and the technology that I am referring to are light emitting diodes, better known as LED’s.

Did you know, when you turn on a lamp only 10% of the energy used is light, the rest escapes as heat? An LED lamp is quite the opposite, 90% as light and only 10% heat. An LED also lasts up to 50,000 hours vs 1000 hours. Because of the substantially less energy usage, we are also helping our environment for future generations by not using so much carbon fuel which in turn leads to less greenhouse gases.



As you can see from the graph on the left, the savings of a single LED change over a 10-year period saves over \$61.55. Compound this amount with the number of rooms that St. Monica’s has, and you can see the amount of potential savings involved. These savings are directly passed on to you, our community member, as St. Monica’s is a nonprofit organization and is always looking for ways to reduce costs.

Now that you know about these incredible lamps, we need your help to make a change and not stay in the past. St. Monica’s is asking that you have us, free of charge, change all of your incandescent lighting to LED lamps in your room.

We would like to start implementing this on January 14th and will be doing the rooms numerically from room #1 onwards. With your help we can all be a part of a bright future.



Kelly Bardosy, is a physical therapist with Ascension at Home. She has been with them for 13 years. She has been assisting St. Monica's, her primary placement, for the past 6 years. She is a graduate from Marquette University and has a doctorate in physical therapy and geriatrics. She has 14 years of experience total. She's happily married with 3 children. Here is a quote from her. "My passion is helping elder adults stay as safe and independent as possible. St. Monica's feels like a second home to me. I'm very honored to care for the community members here."

St. Monica's Newest Community Member



LaVerne LaFleur, room 65, came from her home of over 30 years to be part of our community. LaVerne grew up in Racine where she graduated from Park High School. She is a lifelong member of St. John Nepomuk Church. She went on to graduate from Marquette University and then began her working years as the first Head Start teacher in Racine.

Following that she worked at Horlick High School in the English Resource Center until she retired. LaVerne has four children, Maureen, Mary Kay, Monica and Tim, who live nearby and a son, Tom, who lives in Madison. LaVerne had two of our community members as her friends before she moved here and is looking forward to adding new friends as she gets settled. She says her husband was a writer of children books which had the added feature of being interesting to adults, and she would enjoy group sharing of these from her treasured collection. LaVerne loves to read, and says her favorite book is "A Prayer for Owen Meany" by John Irving, a book she highly recommends. She and her husband were fortunate to enjoy a trip to Switzerland where they stayed in a family home, and enjoyed the Swiss food. One of the interesting things she remembers about Switzerland is that on the road all of the animals have the right of way. Welcome to St. Monica's, LaVerne!

If you would like to receive a copy of the newsletter, please contact Joan at 321-7138 and she will take your information.

St. Monica's Leadership Team continued.

Life Engagement

Shannon Perez and her team have been ramping up their creative juices to bring you many new events and activities this year. Joan Windis, an avid Sheepshead player, organized a Sheepshead tournament and plans to have additional tournaments next year. St. Monica's had their first ever Craft Fair and it was delightfully successful. Other events included: Car Show, attending the Racine Zoo Chinese Lantern Festival of Lights, Farmer's Market, State Fair Theme summer picnic, and trip to the Botanical Gardens of Milwaukee.

Dining Services

Carol Stutzke and her team implemented a new system of plate warmers and re-useable covers to ensure that food remains warm when being transported to your rooms. Dining listened to you and scheduled quarterly restaurant meals brought in for your dining pleasure. This was immensely well-received and will be planned for the coming year.

Marketing

Catherine Harris joined us as a new member of our team. She works to ensure the warm transition of new community members to St. Monica's, as well as communicating with the general public about St. Monica's. Catherine assisted in the launching of a new website and updating the website with new pictures and information. She also started a new practice of bringing signed cards to visit community members when hospitalized. Catherine is a welcome new addition to the St. Monica's team.

Executive Director

As St. Monica's Executive Director, I'm pleased that St. Monica's again was named "Best of Racine" for Assisted Living facilities for the 4th year in a row. Together with our dedicated board of directors, St. Monica's enjoyed our 7th annual golf outing where funds raised were used to purchase a Golf Cart for you to enjoy our expansive grounds. Board members and supervisors designed a Donor Wall to demonstrate our appreciation to donors who helped St. Monica's build the Memory Care, as well as renovate the front entrance, chapel and kitchen. Finally, St. Monica's installed a new Kiosk in the front entrance listing all of you as community members and your room numbers for visitors and emergency personnel to accurately and quickly find you. As we move forward into the new year, we hope you can enjoy family and friends during this special season. Merry Christmas and Happy Holidays.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|--|
| Daily 8:30 Mass 9:00 Coffee 10:30 General Store 4:00 Rosary 6:00 Cards | Anytime Activities Dakim Computer Puzzle Making Libraries Internet Music |  | 1 9:00 Sheepshead 9:30 Balloon Fun 10:30 Kerplunk 1:00 Volley Ball 3:00 Puzzle Time 6:00 Bingo with Kathi | 2 9:00 Manicures 10:30 Non-Denominational Church 1:00 Bingo 3:00 Chair Yoga w/ Grace | 3 9:30 Exercise 10:30 Bible Stories 11:00 Piano/Jana 1:00 Current Events 2:30 Happy Hour w/Ken 3:00 Adoration | 4 9:30 Exercise 10:30 Shut Box 1:00 Word games 2:30 Craft Club 4:00 Fatima Rosary 5:30 Movie and Snack |
| 5 8:30 Rosary 10:00 Balloon Blast with Nina 1:00 Guess that word 2:30 Hot Cocoa Social 4:00 Mass | 6 9:30 Exercise 10:30 Dice Games 1:00 Bowling 1:00 Poker Club 2:30 Prayer Shawl 2:30 Tunes w/ Terry 3:15 Coloring w/ Nina 5:30 Bible Stories | 7 9:30 Painting Club 10:30 Reminisce 11:00 Meli's Cafe 1:00 Bingo 2:30 Myrasized 3:15 Puzzle Time 4:00 Trivia Hour | 8 9:00 Sheepshead 9:30 Balloon Fun 10:30 Bean Bag Toss 1:00 Beading Club 2:30 Charlie Performs 6:00 Bingo with Kathi | 9 9:00 Manicures 10:30 Non-Denominational Church 1:00 Bingo 3:Chair Yoga w/ Grace 5:45 Game night w/ Bea | 10 9:30 Exercise 10:30 Bible Stories 11:00 Piano/Jana 1:00 Sing a long with Laverne 2:30 Happy Hour | 11 9:30 Chair Exercise w/ Sharon and friends 10:30 Baking w/ Friends 1:00 Crafts with Soul Church 2:30 Visit with Friends 6:00 Movie Night |
| 12 8:30 Rosary 10:00 Stretching with Shari 1:00 SMBTL Bingo 2:30 Tea for Two 4:00 Mass | 13 9:00 Dental Screening 9:30 Exercise 1:00 Bowling League 1:00 Poker Club 2:30 Prayer Shawl 2:30 Stories w/Jessie 5:30 Bible Stories w/ Paige | 14 9:00 Painting Club 10:30 Reminisce 10:00 Movie Outing 1:00 Bingo 2:30 Myrasized 3:30 Sing-a-long | 15 9:00 Sheepshead 9:30 Balloon Fun 10:30 Remember When 1:00 Baking Club 3:00 Martha and Organ music 6:00 Bingo w/Kathi | 16 9:00 Manicures 10:30 Non-Denominational Church 1:00 Bingo 3:00 Chair Yoga/Grace 6:00 Remember when with Mili | 17 9:30 Exercise 10:30 Bible Stories 11:00 Piano/Jana 1:00 Current Events 2:00 Bill Performs and Happy Hour | 18 9:30 Exercise 10:00 Snack Making 1:00 Jan T sings Patsy Cline 2:15 Coloring w/ Kathy 6:00 Western Movie Night |
| 19 8:30 Rosary 10:00 Kick Ball 1:00 Trivia 2:00 Name that Tune with Sharon 4:00 Mass | 20 MLK Day 9:30 Exercise 10:30 Faith Share 1:00 Bowling League 1:00 Poker Club 2:15 Nondée Jones 2:30 Prayer Shawl 5:30 Dominoes w/ Rojean | 21 9:00 Painting club 10:00 Kaffe Klutch 1:00 Bingo 2:30 Myrasized 3:30 Uno Card Games | 22 9:00 Sheepshead 9:30 Balloon Fun 10:30 Bean Bag Toss 1:30 Charlie Performs 3:00 Yhatzee 6:00 Family Night Bingo w/Kathi | 23 9:00 Manicures 10:30 Non-Denominational Church 1:00 Bingo 3:00 Chair Yoga/Grace 5:30 Game Night | 24 9:30 Exercise 10:30 Bible Stories 11:00 Piano/Jana 1: Current Events 2:30 Happy Hour | 25 9:30 Exercise 10:30 Name 5 1:00 Kerplunk 1:00 Cribbage Tournament 2:30 Coloring 5:30 Movie and Snack Time  |
| 26 8:30 Rosary 10:00 Stretching Class 1:00 Bingo fun with Bob and Mary 2:30 Bunco 4:00 Mass | 27 9:30 Exercise 10:30 Faith Share 1:00 Putting 2:30 Prayer Shawl 3:00 Poker Club 5:30 Dominos Night | 28 9:00 Painting club 10:30 Remember When 1:00 Bingo 2:30 Salvation Army 3:00 Root Beer Floats | 29 9:00 Sheepshead 9:30 Balloon Fun 10:30 Beading Club 1:00 Birthday Bingo 3:00 Coloring w/ Minnie 6:00 Bingo w/Kathi | 30 9:00 Manicures 10:30 Non-Denominational Church 1:00 Bingo 3:00 Chair Yoga/Grace 5:30 Game Night | 31 9:30 Exercise 10:30 Bible Stories 11:00 Piano/Jana 1: Current Events 6: Winter Dance featuring the Men in Black  | |