

Special Events this month

River Bend Pancake Breakfast Outing: Sunday, March 1st at 8:45am, cost is \$8.00.

Trinity Irish Dancers: Sunday, March 1st, at 1:30pm. An amazing show!

Guttormsen's Bowling Outing: Tuesday, March 3rd, at 11:00am. Please bring money for bowling and lunch. Please bring \$7.00, for bowling and lunch.

Mall Walking: Most Fridays we'll head to the mall early in the morning to stretch our legs.

Day Light Savings Time: Sunday, March 8th. Please turn your clocks ahead 1 hour.

Moving Outing: Tuesday, March 10th, at 10:30am. \$5.00 for movie and popcorn!

Culver's Lunch Outing: Friday, March 13th, at 11:00am. One of our favorite places to dine. Please bring your own lunch money.

Country Crossings: Saturday, March 14th, at 2:00 pm. Outstanding music! Don't miss this show.

Dentist Day: Monday, March 16th. You must make an appointment with nursing.

Library Outing: Monday, March 23rd at 10:00am. Bring your library card please.

Casino Outing: Tuesday, March 24th at 9:30am. We'll supply the bus ride up there, but please supply your own lunch money and spending money.

Family Night Bingo with Kathi: Wednesday, March 25th, at 6:00pm in the party room. If you would like dinner please come at 5pm.

Wal-Mart Shopping: Tuesday, March 31st, at 9:00am, we'll be back by lunchtime.

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



St. Monica's
Senior Living
You are the heart of our home.

Monitor



March 2020 Vol. 46



St. Monica's New Fitness Center

by Loretta Baxter, Executive Director

Community Member, Helen Taylor pictured to the left, is enjoying the new recumbent bicycle, but her favorite is the parallel bars.

St. Monica's new Fitness Center is up and running and community members are finding the new, "NuStep" recumbent bicycles easy and fun to use. The Fitness Center has weights to use and an elliptical machine. The upgrades and new equipment were funded through our annual golf outing. A special thank-you goes out to all our donors.

If you have not been to the Fitness Center, come check it out. It is located on the lower level by Dr. Pothen's office in the South Wing next to the Atrium.

There are many reasons to exercise and everyone has different motivations. A well-known effect of aging is the gradual reduction of muscle function, which also reduces performance in the activities of daily living. Recent research has shown that even among the very elderly, exercise can improve not only strength and endurance, but also balance and mobility thus reducing the risk of falls. Lifelong exercise can counteract the effects associated with aging of the neuro-muscular system. *

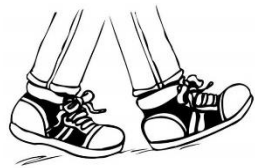
If you need assistance with the machines or help designing an exercise program, contact Shannon or Joan from Life Engagement at 262-639-5050 ext. 135. They will assist you or will contact Kelly Bardosy, visiting physical therapist from Ascension, to set up an exercise plan for you.

*Effects of Strength and Endurance Training on Skeletal Muscles in the Elderly. New Muscles for Old. By J. Lexell, Lakartidningen (Swedish Journal), 96 (3) 207-9. 1999, January 20th.

St. Monica's Newest Community Member



Rita Christensen comes to St. Monica's from her home in Racine. She is originally from Denmark, the Lolland area. She and her husband immigrated to the United States, they had an Aunt and Uncle who sponsored them. It took two weeks on a passenger ship to cross the Ocean, an experience she does not want to repeat! Rita and her husband raised their son in Racine, where he still resides. Rita took care of her son and home and loved every minute of it. She loved to garden and do yard work. They enjoyed traveling, visiting Denmark every five years to visit family and friends. Rita also liked to crochet and go dancing. She is very active and enjoys walking and the outdoors. But, her true passion is baking. She is a member of the Bethania Lutheran Church. Let's all welcome Rita to St. Monica's.



Mall Walking!

We already have a walking club inside St. Monica's with many participants but some of you have requested going outside the building to Regency Mall. We are delighted to announce that we will try and provide transport most Friday mornings to the Regency Mall. Please check the calendar carefully if you would like to sign up for these walks. This is not a shopping expedition, but simply Mall walking before the stores open.

Walking is a great way to strengthen our legs, maintain good balance and keep our blood circulating. To sign up see Joanie or Shannon please if you'd like to participate.

Another new outing is to the Racine YMCA. We have a volunteer who is taking a community member there, BUT you must have a membership to the Y. Membership fee is \$45.00 per month and you need proof of identification and residency. If anyone is interested in joining the YMCA please see Shannon for details.

Between our new fitness center, our walking clubs, our exercise classes and the weather warming up, we are all going to be in great shape!

Enactment of the Passion Play



We once again are enacting the Passion Play and are looking for community members, staff and volunteers to fill some of our roles. These are non-speaking roles and a great tradition at St. Monica's. We provide all the costumes.

This enactment takes place on Good Friday, April 10th at 10:30am and is open to the public.

For more information and to sign up for this moving experience please contact Joan.

Our first meeting is Wednesday, March 11th, at 3pm in the party room

Caught you Caring Ross



Ross Gietzel, one of our maintenance team, has been with St. Monica's for two and a half years. Ross rarely misses an opportunity to assist and speak to our community members.

Ross says he enjoys doing something different every day at St. Monica's. He really likes to speak with our community members and hear about their life stories. His personal motto is "Try to learn something every day."

Ross is married to a "wonderful woman" named Tami. They have two cats named Jinx and Bandit, both are rescue cats from the shelter. When not at work, Ross and his wife like to hike, go antiquing, traveling, and dining out. But, his passion is going to car shows. Their favorite place to travel to is beautiful Savannah, Georgia. He has been to the park where the movie Forest Gump was filmed several times.

Congratulations to Ross

Caring Moments...



Lakeside Curative has been visiting St. Monica's twice a week for the past two years. They love to go bowling with our memory care community members every Friday. They also help with bingo on Thursdays in our assisted living. They are very helpful when it comes to cleaning and keeping our grounds nice in the summer. We really appreciate all that they do for us.



**Physical
Therapist
Kelly Bardosy**

from Ascension is offering a free in-service discussion on a “Step Up Balance” class on Wednesday, April 22nd, at 10:00am in our new fitness center. This class will focus on ways to keep our loved ones active. It is for family members and caregivers. Refreshments will be provided. Please let Shannon know if you are interested in attending.



Our shining star this month is Minnie Holz. Minnie is a wonderful woman who enjoys our activities and the company of others. You’ll find Minnie showing off her “dog” Scooter, laughing and telling her story. Minnie is also our leading expert on the Dakim interactive computer system located in the coffee area. Stop for a visit with Minnie the next time you see her!

St. Monica’s Newest Community Member



Erna Simon is our new community member, living in room 5. She came here from her own home on Ruby Avenue where she has lived for many, many years. Erna was born and raised in Muenster, Germany, near Frankfort. She says her coming to the United States is a wonderful love story. Her husband-to-be was a soldier during World War II and was stationed in Germany. When they saw each other, it was love at first sight. In 1947, they were married in Germany and later she came to the States. Here she met many other war brides who came from all over Europe, and they became lifelong friends. She has lived in Racine all of her married life. Erna and her husband have three children, all of whom live in Racine. Erna worked as a homemaker, raising her family. She says she loved her yard, gardening, and taking care of her beautiful flowers. Erna stays in touch with her nieces, nephews, and friends in Germany and has made many trips back to visit them. She is Catholic and looks forward to being able to attend mass and rosary here.

Welcome to St. Monica’s, Erna!

*****Resident Rights Review*****

You have the right to privacy, to keep and use your personal belongings and property as long as it doesn’t interfere with the rights, health or safety of others.

MARCH BIRTHDAYS!

Community Members

Margaret Yoghourtjian 3/3
Leland Moebius 3/8
Nina Tavora 3/11
Marlyn Schaefer 3/15
Jeannette Mason 3/22
Alice Petersen 3/24*
Betty Costabile 3/27
James DeMark 3/31

Staff Birthdays

Morgan Wright 3/3
Maiya Howard 3/8
Stephany Lichter 3/9
Patricia Kingsley 3/13
Josephine Strutz 3/14
Debra Mulder 3/17
Celia Venegas 3/19
Karen De La Cruz-Ramirez 3/23
Vanessa Neubecker 3/24
Suzanne Janasiak 3/25

Anniversary Date

Stephanie LaPoint 3/11/2019
Catherine Harris 3/14/2019
Lisa Yankech 3/27/2019
Marvin Wilson 3/27/2017
Shannon Perez 3/27/2017
Heidi Panyk 3/8/2002

***Alice is 100 years young!**

Helpful Hints



We have a number of new community members and we’d like to point out a few helpful hints:

- Please remember all meals should be eaten in the dining room unless you are sick. It’s a great way to meet your neighbors and make new friends. It’s important to keep your legs moving and better for your health and wellbeing. If you meal is delivered to your room, there is a \$5.00 charge for each meal delivered.
- We have several lounges around the building, please enjoy them and feel free to host card clubs or games with your family or friends.
- We are proud to offer several weekly exercise classes, each has its own personality. These classes are meant to keep you active and help with your balance. You can see the day and time on the monthly calendar.
- We know moving can be stressful, so remember, we have a beautiful spa for your enjoyment. Simply ask the nurses to sign you up with a day and time and make it part of your schedule.
- Heidi’s hair salon hours are Wednesday, Thursday, and Friday. If you would like to schedule a hair appointment, please leave a note for Heidi at the front desk and she will stop by and see you.

St. Monica's Newest Community Member



Janet Hanneman was born and raised in Racine along with her three siblings. She attended Lutheran High School and after graduating took a job at Belle City Malleable Iron Co., where she worked for many years. Janet enjoys travel and has been to many countries in Europe along with Ireland and England. Janet was a member of a bowling

league and still enjoys her word search, crossword and other word games. She is a member of St. John's Lutheran Church and sang in the choir. Let's welcome Janet to St. Monica's.

Religious Services

Catholic

Mass @ 8:30am every weekday morning

Saturday no Mass, Sunday Mass at 4:00pm

Lenten Services:

Friday, March 6, Adoration at 3:00pm

Friday, March 13, Stations of the Cross at 4:00pm

Friday, March 20, Stations of the Cross at 4:00pm

Friday, March 27, Stations of the Cross at 4:00pm



Other Services:

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

2nd Thursday – George Kafer, Christ Church: 10:30 a.m.

3rd Thursday – Chaplain Terry: 10:30 a.m.

4th Thursday – Don Francis, North Point United Methodist: 10:30 a.m.

5th Thursday – Chaplain Terry: 10:30 a.m.

An Irish Blessing:

*May the road rise to meet you, May the wind be always at your back,
May the sun shine warm upon your face, The rains fall soft upon your fields,
Until we meet again, May God hold you in the palm of His hand.*

St. Monica's Newest Community Members

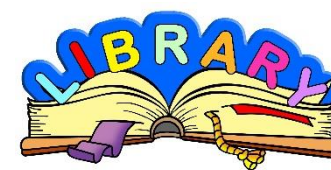


Phil Koerper was born and raised in Milwaukee where his family and he owned Systemation, a company that specialized in electronic components. It was an American supplier and then branched out to overseas markets. Phil and his wife had two children, a son, Gerry who lives out west and their daughter, Kaye who is a Minister in Racine. Phil hobbies are varied and he is passionate about them all.

Some of his interests include banjo playing, walking and exercising, and painting pictures. Phil has traveling to many exotic locations such as China, Japan, Russia, Far East and Europe. Let's all welcome Phil to St. Monica's.



Lea Hansen was born in Finland and immigrated to the United States in 1952, when she was only 13 years old. Lea spent over 30 years in Green Bay and is a huge Packer fan. She and her husband had four children, three daughters and one son. Lea also has eight grandchildren. She enjoyed taking care of her home and raising her children. Her interests include attending concerts for the Racine Choral Society, where one of her daughters is a member. We have also heard one of her granddaughters perform at St. Monicas, she sang beautifully. Her son-in-law Eric, can be seen around the building, helping renovating our bathrooms. Lea also enjoys shopping, socializing and reading. We can look forward to seeing her at many of our clubs. Let's welcome Lea to St. Monica's.



St. Monica's has several libraries located around our building, which anyone is welcome to take a book to read. We also have "Books in a Bag" where the public library drops off a bag of books designed around your interests. We can order audio books for those who like to be read too. We also have a special "large print book section" in the media room, where you can check out large print books and return them. And now, due to your requests, we are going visit our local library once a month for those of you who would like to pick out your own books, the views are exceptional. Please sign up for this outing in the main living room if you would like to participate.



How to: Maple Syrup Production

Known as “liquid gold”, real maple syrup is hard to come by but well worth the effort! Learn about maple syrup production through time and how River Bend Nature Center taps its sugar maple trees and produces its own maple syrup. It’s great to find out where real syrup comes from; also for those wishing to learn how to tap their own trees; and for those who would like to join the tapping team at River Bend. After the work, is the reward, where River Bend sponsors a pancake breakfast to sample their syrup – what a great way to enjoy nature.

River Bend is a good neighbor to St. Monica’s and this is just one of the terrific programs offered to the public. As warmer weather approaches we will have more outings to River Bend. We are attending their pancake breakfast on Sunday March 1st. We’ll also keep you posted when other outings are scheduled. If you would like to be involved, please contact Joan or Shannon at 321-7138.



Voting Day is March 23rd. If you would like to vote it’s important that you are registered first. Also, you must be a community member for at least 30 days in order to qualify to vote. Please let Shannon or Joanie know if you would like to register. Voting takes place in the café area.



Sometimes we are asked by family members to store bulky items of furniture, such as mattresses, beds and chairs, in our storage area. **This arrangement is not meant to be long term.** We are asking community members and their families to please remove these items as soon as possible. If you no longer want these items, please contact Joanie and she can help you with agencies that will come and take them. We are asking that these items are claimed by April 15th.

***Irish Blessing: May your troubles be less, your happiness be more,
And nothing but happiness come through your door.***

Pancake Breakfast and Egg Hunt



Please join us for our pancake breakfast and annual egg hunt on **Saturday, April 4, at 9am**. We’ll be serving up delicious pancakes and sausages at 9am for you and your family. Cost is \$4.00 for an adult and \$2.00 for children. After breakfast we’ll get ready for our annual egg hunt which starts at 10:00 am. The egg hunt will be held outdoors weather permitting and indoors in case of rain. We also have it on good authority that the Easter Bunny will be on hand for picture taking. This event is open to all of our community members, family, friends, staff and volunteers.

If you and your little ones have your own Easter baskets, please bring them along with you. We will also have spare baskets on hand. If anyone has candy you would like to donate, please contact Shannon at 321-7135. **Please call in with the number in your family and table reservation. We need to know final numbers by March 27th please. We guarantee a hopping good time!**

In honor of St. Patrick’s Day we are holding a limerick contest. Limericks are a fun way of writing a poem. Anyone can enter, please keep your limerick to 5 lines. The winner will receive a prize and the limerick will be printed in next month’s newsletter. Here is a sample of a limerick.

Steve Mckee wrote this limerick in 2014.



**If a person would have several friends,
here's the thing upon which it depends;
are you willing to share
when there isn't much there
and burn up your day from both ends.**

The first, second and fifth line endings must rhyme. The third and fourth line endings should rhyme with each other. You can submit poems to the front desk where we will have a box for them. Make sure you put your name on them please. You can enter as many times as you like. You can also work with another person to write it. Contest ends on St. Patrick’s Day, Tuesday, March 17th.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Rosary 8:45 River Bend Pancake Breakfast 9:30 Balloon Fun 10:30 Table Games 1:30 Trinity Irish Dancers!!! 3:00 Social Hour 4:00 Mass	2 9:30 Exercise 10:30 Felt Craft 1:00 Bowling League 1:00 Poker Club 2:30 Tunes with Terry 2:30 Prayer Shawl 5:30 Bible Stories/Paige	3 9:00 Memories in the Making 10:30 Time Slips 11:00 Bowling Outing 1:00 Bingo 2:30 Myrasized 3:30 Guess that Star	4 9:00 Sheepshead 9:30 Balloon Fun 10:30 Book Club 1:00 Popcorn Social 2:30 Charlie Plays 5:30 Dakim Minnie	5 9:00 Manicures 10:30 Non Denominational Church 1:00 Bingo 3:00 Chair Yoga w/ Grace 5:30 Trivia Night 	6 9:15 Mall Walking 9:30 Exercise 10:30 Daily Devotions 11:00 Piano/Jana 1:00 Current Events 2:30 Happy Hour with Ken and Friends 3:00 Adoration	7 9:30 Exercise 10:30 Shut Box 1:00 Bingo with Colleen 2:15 Snack Makin' 4:00 Fatima Rosary 5:30 Movie Night
8 Day Light Saving 8:30 Rosary 9:30 Chair Exercise 10:30 Sing-a-long 1:00 SMBTL Bingo 3:00 Trivia Hour 4:00 Mass 	9 9:00 Council Meeting 9:30 Exercise 10:30 Info Meeting 1:00 Bowling w/ Suzie 1:00 Poker Club 2:30 Prayer Shawl 2:30 Red Hat Society 5:30 Bible Stories/Paige	10 Nuts & Chocolate Sale 9:00 Painting Club 9:00 Movie Outing 10:30 Beading Club 1:00 Bingo with Judy 2:30 Myrasized 3:30 Uno Card Games	11 9:00 Sheepshead 9:30 Balloon Fun 10:30 Dining Committee 1:30 Popcorn Social 3:00 Play Practice 5:30 Checkers Club 	12 9:00 Manicures 10:30 Non Denominational Church 1:00 Bingo 2:15 Guess that word 3: Chair Yoga/Grace 5:30 Movie night – Dan's Pick	13 9:30 Exercise 10:00 Wurstom Outing 10:30 Inspiring Stories 11:00 Piano/Jana 11:00 Culver's Lunch 1:00 Sing-a-long w/ Laverne 2:30 Happy Hour/Music 4:00 Stations of the Cross	14 9:30 Chair Exercise 10:30 Dice Games 2:00 Country Crossings with Sue 3:30 Koffee Klutch 5:30 Movie Night
15 8:30 Rosary 9:30 Kick Ball 10:30 Family Feud 1:00 Lucky Charm Snack Mix Fun 2:30 Coloring w/ Minnie 4:00 Mass	16 Dentist Day 9:30 Exercise 10:30 Bean Bag Toss 1:00 Bowling w/ Suzie 1:00 Poker Club 2:15 Irish Bread Bakin' 2:15 Nondee Performs 2:30 Prayer Shawl 5:30 Bible Stories/Paige	17 Happy St. Patrick's Day 9: Memories/ Making 10:30 Irish Limericks 1:00 Bingo & Shamrock Shakes 2:30 Myrasized 3:30 Irish Tunes	18 9:00 Sheepshead 9:30 Balloon Fun 10:30 Play Practice 1:00 Birthday Bingo 2:30 Charlie Plays 5:30 Dakim with Minnie	19 9:00 Manicures 10:30 Non Denominational Church 1:00 Bingo 1:00 Mending w/ Mary 2:15 Hand Massages 3:00 Chair Yoga/Grace 5:30 Games w/ Sharon	20 9:15 Mall Walking 9:30 Exercise 10:30 Daily Devotions 11:00 Piano/Jana 1: Current Events 2:30 Happy Hour/ Marley 4:00 Stations of the Cross 6:00 Friday night Movies	21 9:30 Exercise 10:30 Dominos 1:00 Bob & Mary Bingo Fun 2:15 Snack Makin' 5:30 Western Movie and Snack Time
22 8:30 Rosary 9:30 Kick Ball 1:00 Baking Club 2:30 Checker Club 4:00 Mass 	23 Voting Today 9:30 Exercise 10:00 Library Outing 10:30 Beading Club 1:00 Bowling League 1:00 Poker Club 2:30 Prayer Shawl 2:30 Stories w/ Jessie 5:45 Bible Stories/Paige	24 9:00 Basket Making 9:00 Casino Outing 10:30 Good Ol' Days 1:00 Bingo with Judy 2:30 Salvation Army 3:30 Time Slips	25 9:00 Sheepshead 9:30 Balloon Fun 10:30 Play Practice 2:30 Kathi/Accordion 5:00 Family Bingo Dinner 6:00 Family Night Bingo	26 9:00 Manicures 10:30 Non Denominational Church 1:00 Big Bucks Bingo 2:15 Hand Massage 2:15 Men's Club 3:00 Chair Yoga/Grace 5:30 Game Night	27 9:15 Mall Walking 9:30 Exercise 10:30 Bible Stories 11:00 Piano/Jana 1: Current Events 2:30 Bill and Happy Hour 4:00 Stations of the Cross	28 9:30 Exercise 10:30 Crafty Corner 1:30 Jan T performs Patsy Cline 3:00 Root Beer Floats 5:30 Movie Night
29 8:30 Rosary 9:30 Crafts with Horlick Volunteers 10:30 News & Coffee 2:00 Dice Games 4:00 Mass	30 9:30 Exercise 10:30 Felt Craft 1:00 Putting 2:30 Prayer Shawl 3:00 Poker Club 5:45 Bible Stories/Paige	31 9: Stuffed Easter Eggs 9: Wal-Mart Shopping 10:30 Reminince 1:00 Bingo with Judy 2:30 Myrasized 3:15 Dakim Play Time	<div>well hello,</div> <div>march</div>		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