

## News update from Margaret, Housekeeping Supervisor

I have had new families and community members ask me questions about what they should bring or need, for their rooms before moving in and while they are living here at St. Monica's.



We are recommending that families bring their own comfortable bed and 3 sets of colored sheets, blankets, pillows, pillowcases, and their bedding set. It is very comforting to have everything familiar, and home-like as much as possible. We also like to see at least 12 wash cloths, 4 hand towels and 4 bath towels, all colored. Please supply laundry detergent with your name on it. You'll also need two to three trash receptacles. Please supply laundry detergent and a laundry hamper with a lid that will have name on both.

Housekeeping supplies toilet paper, trash bags, paper towels, hand soap and bathmats. Each room receives a thorough cleaning once a week.

If there is anyone with questions, please ask me! My direct phone line is 321-7137. I'm everywhere but I have a mailbox in the front office for any suggestions or concerns.

Thank you. --- Margaret and the housekeeping team



## Benefits of Gardening

By Loretta Baxter, Executive Director



Gardening is beneficial for many reasons and is encouraged here at St. Monica's. It is an enjoyable form of exercise and increased levels of physical exercise helps with mobility and flexibility. One of the side effects is that it reduces stress levels and promotes relaxation.

How many of you have heard the saying, "I'm participating in dirt therapy"? There is

something relaxing and at the same time

stimulating about being outside in the fresh air, listening to birds singing, and planting flowers, or tomatoes and even pulling weeds.

There are 5 health benefits of gardening including: exercise and burning calories, muscle-strengthening, exposure to vitamin D, stress-reduction, and improving brain function. \*[Http://homecareassistance.com/blog/health-benefits-of-gardening-for-seniors](http://homecareassistance.com/blog/health-benefits-of-gardening-for-seniors). Individuals do not realize while they are bending and straightening to plant and pull weeds, they can burn 200 to 400 calories per hour. Gardening increases hand-eye coordination which helps keep the brain and body in sync. Spending time in the sunshine can give you as much vitamin D as a nightly glass of milk. Being active outside lowers stress-producing cortisol levels and raises serotonin; a calming chemical in the brain that puts you in a good mood.

Life Engagement has already assisted St. Monica's community members to plant flowers in the raised beds by the front patio and the party room patio. As soon as the weather warms, tomato and other vegetables can be planted. Let Life Engagement staff, Joan and Shannon, know if you are interested in participating. You will be achieving positive health results along with enjoying the outdoors. Remember, if you are walking outdoors please let staff know and we will find you a walking partner.

### Useful Information



Web page [www.stmonicasseniorliving.com](http://www.stmonicasseniorliving.com)



262-639-5050



Like us on Facebook @stmonicasseniorliving  
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Call 262-321-7138 to receive a copy of our  
Newsletter electronically

Executive Director:  
Loretta Baxter RN, MBA

## Caught you Caring!!!



This month's recipient is Malena Brown who has been part of the St. Monica Staff for a

year now. Malena has been caught showing exceptional empathy and caring toward our community members. She shared that's what she loves about her job, "It gives me the opportunity to help people." In her spare time Malena likes to read, cook and spend time with her family, especially her precious niece. She also has two Pomeranians, Coco and Bella that she enjoys playing with and spoiling.

Congratulations to Malena!



## Cinco De Mayo!

(May 5<sup>th</sup>) We are

planning a delicious taco salad for lunch and special treats in the afternoon. Look for surprises and fun times!

## Garden club –



If you would like to be involved in plant, vegetable or flower selection, please let Joanie

know and she will visit with you to get your recommendations. Please contact Joanie at 321-7138.



## Pray the Rosary

Although we cannot offer Mass at this time, we can offer to pray the rosary with anyone interested.

Sr. Clare is visiting individuals in their rooms to pray privately. If you would like to pray with her please let Joanie or Shannon know.

## Rachelle and Family Perform

Our neighbor has been amazing by visiting us every Friday outside the café windows to serenade us with music and song. They usually start at 2:00pm Friday afternoon. We would like to thank them for bringing us joy through music.

## Parade Around St. Monica's!

Families, volunteers, business partners: Decorate your car and get ready to smile and wave! Come drive around St. Monica's on May 22<sup>nd</sup> at 10am, to show your love! This is also the day we will have our Memorial Day program for our community members so feel free to play off a patriotic theme if you so desire. Decorations are not required however, just a car or a way parade around our property. Please call Shannon for questions 262-321-7135, otherwise follow the signs when you arrive!



## Golf Cart Rides

Spring is here and our golf cart is ready for exploring our grounds. We have specific times on the calendar for rides, but we can be flexible if more people are interested in getting outdoors. This cart was part of our fund-raising goals during last year's golf outing and we are so pleased that we can offer this service.

Mother's Day is fast approaching, and we know that many family members would like to send your mother flowers, candies, and cards. We are going to allow these tokens of your love to be delivered to St. Monica's and we will distribute to your loved one. There are a few restrictions: Flowers must be delivered by a service, and candy or presents must come through the postal service or UPS. We know you will understand why we have these restrictions in place, thank you in advance for your cooperation.



On a similar note those of you who would like to schedule a video call on Mother's Day please notify Shannon and Joan in advance. We will make every attempt to accommodate requests. Call 262-321-7138

## How We Keep You Safe

With the arrival of the COVID-19 pandemic, many of you have wondered how we are keeping you safe. We would like to share with you one of our new safety gadgets. It's called "An Oliver Tray System." Our Dining Director, Julie, had used this system in the past for the Meals on Wheels program. The Oliver is a machine that seals a disposable three compartment meal tray and makes it airtight. When meals are being delivered it is so important to keep out germs. We have been using this system since the end of April and it has been very effective to ensure that there is not cross contamination between servers and community members. This is just one of many, many new protocols that we now have in place to keep you safe. Each month we will share another with you!



## Community Birthdays

Henriette Stein 5/1  
Winifred Winser 5/2  
Barb Heinicka 5/4  
Ruth Breckenridge 5/9  
Jennie Venturini 5/9  
Elaine Kintzler 5/10  
Rojean Baldock 5/14  
Pietta Marino 5/24  
Genevieve Hostak 5/26  
Janet Hanneman 5/27

## Staff Birthdays

Catherine Harris 5/6  
Sr. Jana Anne 5/8  
Amber McCauley 5/10  
Lisa Corley 5/13  
Hope Golla 5/14  
Sharon Mellberg 5/15  
Janice Livingston 5/18  
Sharon Steltenpohl 5/19  
Shyretha Williams 5/20  
Marissa Espinoza 5/28  
Mandi Kruskie 5/28  
Derrick Thiesen 5/28  
Sr. Karuna 5/30

## Staff Anniversaries

Jose Barreta 2014  
Julie Wendorf 2017  
La'Sadiez West 2017  
Casey Hoover 2017  
Lilianna Flores 2018  
Marissa Espinoza 2019  
Patricia Kingsley 2019  
Mandi Kruskie 2019  
Liliana Ventura 2019

## Caring Moments...

Normally this section would highlight one person that epitomizes St. Monica's philosophy on care and life enrichment. This month we would like to acknowledge the staff, family members and business partners, who have all exerted themselves to make this quarantine successful for our community. We have been blessed with hundreds of homemade cloth masks donated by staff, families and the Racine community. Generous donations of other protective equipment have also come in. Staff have been treated to regular meal donations from our families and area business partners.

Staff members have taken time, not just to clean and sanitize but, to explain why we are wearing masks and alleviate fears. Laughter still rings through and is the best medicine we know. It is heartwarming to see all departments put forth great ideas and actions to make our building safe and keep our community members healthy.

Our families have found creative ways of communication! Milestone birthdays have been celebrated outside windows. Video calls have become a way of life for many. Families set up chairs outside apartment windows, so they can speak on the phone while visiting through glass. Signs are staked into the ground so they can be viewed when their loved one looks out their windows. Children play in our fields while we look on. We love getting mail so keep those cards coming in! They are read and re-read many times.

All these things and more remind us that we are one large family with very big hearts. Thank YOU ALL for caring!

## St. Monica's Newest Community Member



Richard Pezanoski is our newest community member. Prior to moving in he was living with his daughter Leanne, here in Racine. Richard was born in Milwaukee but was raised in Racine. He attended school at St. Stanislaus. After high school Richard went to work for Racine Journal Times for 41 years. He was a stereotyper (made the lead plates and castings for the presses) there until that became obsolete. From there, he worked in the pressing room.

Richard met his wife Rachel in Racine. They have nine children. Happily all of his children still live in the area. He also has 18 grandchildren and 7 great grandchildren. In his spare time Richard liked sailing on Lake Michigan, he also went camping with his family. He went to Spain for a visit. Richard likes to read and walk the grounds as time and weather allows. Richard also likes to play bingo. Let's all give Richard a great St. Monica's welcome.

## Manicures



Although we cannot offer a "group" setting for manicures, we are still offering individual manicures on Thursday morning or upon request. If you are missing your favorite program or activity, let us know how we can help. We also offer hand massages and all sorts of music to select from.

## Shining Star



Our shining star this month is Delores Hubman! Delores has called St. Monica's her home for almost two years now and she knows every corner of it. Delores recently became re-acquainted with her college friend Barb and you'll find the two of them making puzzles and taking walks together, both indoors and outdoors. She also enjoys knitting and helping around the building. If there is a bingo game you are sure to find her there. Take a moment and say hi to this outstanding lady.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Anytime Activities</b> Dakim Computer Puzzle Making Libraries Internet Music</p>	<p><b>Daily</b> 8:30 Mass 9:00 Coffee 10:30 General Store 4:00 Rosary 6:00 Cards</p>				<p><b>1</b> 9:15 Exercise <b>10:15 May Day Craft</b> 1:00 Happy Hour Special <b>2:00 Music w/ Rachele</b> 3:00 Adoration 6:00 Western Movie</p>	<p><b>2</b> <b>10:00 Exercise</b> 11:00 Lunch Visits <b>1:00 Patio Time</b> 4:00 Fatima Rosary <b>5:30 Secretariat Movie and Snack</b></p>
<p><b>3</b> <b>10:00 Balloon Blast</b> 1:00 Craft Club <b>3:30 Sing-a-long</b> 6:00 Dean Martin Roast</p>	<p><b>4</b> 9:15 Exercise <b>10:30 Baking Club</b> <b>10:30 Golf Carting</b> 11:00 Lunch Visits <b>2:30 Root beer floats</b> 2:30 Prayer Shawl 6:00 Wheel of Fortune</p>	<p><b>5</b> <b>Cinco de Mayo</b> <b>9:00 Painting Club</b> 11:00 Lunch Visits <b>1:30 Bingo</b> <b>2:30 Cinco de Mayo Happy Hour Social</b> 6:00 Color Wonders</p>	<p><b>6</b> <b>9:15 Balloon Fun</b> <b>10:30 Golf Carting</b> 10:30 Beading <b>2:00 Bingo</b> <b>3:00 Walking club</b> 6:00 Movie Night</p>	<p><b>7</b> <b>9:00 Manicures</b> 10:30 Bible Study Live <b>1:00 Sing-a-long</b> <b>2:30 Mother's Day Tea Social</b></p> 	<p><b>8</b> <b>9:15 Exercise</b> 10:15 Dice Games <b>10:30 Golf Carting</b> 1:00 Current Events <b>2:00 Music w/ Rachele</b> 6:00 Comedy Classics</p>	<p><b>9</b> 10:00 Exercise 1:00 Shut Box <b>2:30 Walking Club</b> 5:30 Musical Movie</p>
<p><b>10</b> <b>Mother's Day</b> 10:00 News and coffee <b>1:00 Mimosa's &amp; sweet treats</b> 5:30 Titanic the Movie</p> 	<p><b>11</b> <b>9:15 Exercise</b> 10:30 Horse Racing <b>1:00 Ice Cream Social</b> 2:30 Prayer Shawl <b>2:30 Golf Carting</b> 6:00 Trivia Hour</p>	<p><b>12</b> <b>9:00 Painting Club</b> 10:30 Remember When <b>2:00 Bingo</b> <b>3:30 Patio Time</b> <b>6:00 Movie Night Nina's pick</b></p>	<p><b>13</b> <b>9:30 Balloon Fun</b> 10:30 Kerplunk <b>2:00 Bingo</b> <b>3:00 Nancy Performs</b> <b>3:15 Golf Carting</b> 6:00 I love Lucy</p>	<p><b>14</b> <b>9:00 Manicures</b> 10:30 Bible Study Live <b>2:00 Bingo</b> 3:30 Stretching class <b>5:30 Shirley Temple Film</b></p>	<p><b>15</b> <b>9:15 Exercise</b> 10:30 Bible Stories <b>1:00 Happy Hour</b> <b>2:00 Music w/ Rachele</b> <b>2:15 Golf Carting</b> 6:00 Babe Ruth Documentary</p>	<p>16 10:00 Exercise <b>1:00 Patio Fun</b> 2:30 Yahtzee <b>5:30 Movie and Snack Time</b></p>
<p><b>17</b> 10:00 Kick Ball <b>1:00 Baking Club</b> 2:30 Bean Bag Toss 6:00 Musical Movie</p>	<p><b>18</b> 9:15 Exercise <b>10:30 Stamp Club</b> 1:00 Pop Corn Social <b>2:30 Prayer Shawl</b> 3:15 Walking club <b>6:00 Comedy Show</b></p>	<p><b>19</b> <b>9:00 Painting Club</b> 10:30 Reminisce <b>2:00 Bingo</b> 3:15 Guess that word <b>3:15 Golf Carting</b> 6:00 Movie Night Phyllis' pick</p>	<p><b>20</b> <b>9:15 Balloon Fun</b> 10:30 Bean Bag Toss <b>2:00 Birthday Bingo with Milk Shakes</b> <b>3:15 Golf Carting</b> 6:00 Wheel of Fortune</p>	<p><b>21</b> <b>9:00 Manicures</b> 10:30 Bible Study Live <b>2:00 Bingo</b> <b>3:30 Walking Club</b> 6:00 Baseball Classics</p>	<p><b>22</b> <b>10:00 Parade Time</b> 11:30 Veterans Luncheon <b>12:30 Patriotic Program</b> <b>Fresh popcorn to follow</b> <b>2:00 Music w/ Rachele</b> 6:00 Lawrence Welk Show</p>	<p><b>23</b> 10:00 Trivia Hour <b>1:00 Dice Games</b> 3:30 Stories with Helen <b>5:30 Movie and Snack Time</b></p>
<p><b>24</b> 10:30 Fitness Fun <b>1:00 Shutbox</b> 2:30 Dakim Time</p>	<p><b>25</b> <b>Memorial Day</b> <b>9:15 Exercise</b> <b>10:30 Patio Fun</b> 12:30 Golf Carting <b>1:30 Ice Cream Social</b> 3:00 Patriotic Musical</p> 	<p><b>26</b> <b>9:00 Painting Club</b> 10:30 Reminisce <b>11:00 Mini Cook Out</b> <b>2:00 Bingo</b> <b>3:30 Uno Card Games</b></p>	<p><b>27</b> <b>9:15 Balloon Fun</b> 10:30 Ring Toss 2:00 Bingo <b>3:30 Walking Club</b> <b>6:00 Baseball Bloopers</b></p>	<p><b>28</b> <b>9:00 Manicures</b> 10:30 Bible Study Live <b>2:00 Big \$ Bingo</b> <b>3:30 Chair Yoga</b> 6:00 Game Show</p>	<p><b>29</b> 9:15 Exercise <b>10:30 Bible Stories</b> 1:00 Happy Hour <b>2:00 Music w/ Rachele</b> <b>3:30 Golf Carting</b> <b>5:30 Take the evening air</b></p>	<p>30 10:30 Balloon Blast <b>1:00 Dice Games</b> 3:30 Stories with Helen <b>5:30 Gone with the Wind</b></p>
<p><b>31</b> 10:00 Chair Yoga <b>1:30 Snack Making</b> 2:30 Guess that word</p>						