

## 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 manage personal financial affairs unless legally restricted.

### November Birthday's

Phil Koerper 2nd (CM)  
Donald Rhodes 5th (CM)  
Deischa Dalton 8th (S)  
Jennifer Zielinski 10th (S)  
Alexis Mandujano 12th (S)  
KellyAnn Urban 14th (S)  
Tiffany McKinley 15th (S)  
Dorothy MacVicar 18th (CM)  
Marina Contreras 18th (S)  
Judy Salinas 19th (S)  
Bernice Byklum 20th (CM)  
Frank Knoll 20th (CM)  
Nicole Zetina 21st (S)  
Jeanette Schmitz 22nd (CM)  
Laura Maldonado 22nd (S)  
Vanessa Alvarez 23rd (S)  
Sydney Brewer 23rd (S)  
Barbara Carodine 28th (S)  
Anais White 29th (S)  
Barbara Ruetz 29th (CM)  
*Community Member (CM) Staff (S)*

### Staff Anniversaries

Tanille Jackson - 5 years  
Cindy Ward - 3 years  
Shannon Kaplan - 3 years  
KellyAnn Urban - 3 years  
Judy Salinas - 3 years  
Maiya Howard - 2 years  
Sandra Meier 1 year  
Briniqua Brown 1 year

### THANKSGIVING PRAYER

Gracious and generous God,  
We come before you today  
with grateful hearts.

In the beauty and bounty of creation  
we see the work of your hand;  
in the loving faces around us  
we know your own love for us.

May this meal nourish us  
and strengthen us,  
so others may know  
your plenty in our kindness,  
and see your care and concern  
in our witness.

Let us live true lives of gratitude,  
as we pray in thanks to you,  
our God who lives forever and ever

Amen.

### Useful Information

Website: [www.stmonicasseniorliving.com](http://www.stmonicasseniorliving.com)  
Facebook: [@stmonicasseniorliving](https://www.facebook.com/stmonicasseniorliving)  
Twitter: [@stmonicassliving](https://twitter.com/stmonicassliving)  
Subscribe: [info@stmonicasseniorliving.com](mailto:info@stmonicasseniorliving.com)

3920 N. Green Bay Road Racine, WI 53404  
Main: 262-639-5050  
Executive Director: Loretta Baxter, RN, MBA  
Covid-19 Hotline: 262-383-3303



# THE Community MONITOR

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## SWEET NOVEMBER

By: Shannon Perez

November is my favorite time of the year. The fresh crisp air, the beautiful scenery, the comfort food, and the time spent with family. As the holidays are approaching, we know many of you may want to see your loved ones during this season. The Life Engagement team is able to set up a virtual call for you and your loved one as well as reserve a space for you and your family to be together. Please contact Shannon at 262-321-7135 to reserve a location. Visitation precautions remain in place and we ask that masks are worn properly at all times, eating and drinking



on St. Monica's property during visits continues to be prohibited. If you're leaving the building, please be cautious and maintain social distancing as much as possible to stay healthy.

### Virtual Presentation - Fall Prevention Strategies



On Tuesday, November 16th at 4:00 p.m., Kelly Bardosy, DPT, Arise Physical Therapy, will share her knowledge when it comes to helping seniors prevent falls. In this virtual presentation you will learn how to

make modifications to your or your loved ones environment to create a safer space. Discover some easy exercises that can be done in your home to help strengthen your core muscles. Lastly, get your questions answered live by Kelly.

Please visit our "Events" tab on our website or request a registration link by emailing:

[info@stmonicasseniorliving.com](mailto:info@stmonicasseniorliving.com)



## VOLUNTEER OF THE MONTH: Joe Majowski



Joe has volunteered at St. Monica's for 4 years now. Since his mother-in-law was a community member, he and his wife both fell in love with St. Monica's. Joe was a Teacher & eventually became the Principal at a Catholic School here in Racine for over 40 years. He has a beautiful wife named Marylou, a dog named Josie, who rules the roost, and 2 children. In his free time he enjoys photography & spending time with his family. He loves making his own creations with his photos.

Joe shared this about volunteering at St. Monica's, "I get more than I give. I get to see our seniors continue to live full lives. I get to observe dignity and joy. I'm the lucky one."

We sure appreciate Joe and all that he does here at St. Monica's. He has built relationships with both community members and with staff. Joe is always willing to go above and beyond and always stops to say hello. We are truly blessed to have Joe as a part of our family here at St. Monica's.

## HERO WITH HEART Shannon Perez, Mary Armstrong & Julia Reynoso

"I would like to recognize the Life Engagement Department for always helping whenever needed. Thank you, Shannon for assisting staff with cares and virtual appointments with physicians. Thank you, Julia and Mary, for getting CM's to meals, foot doctor clinics, immunizations clinics and more! I see the core values of St. Monica's represented in your team. You guys are on point with every single one. YOU are the *heart of our home*." - Nicole Overstreet, Resident Care Coordinator

**Shannon** has been at St. Monica's for 5 years now. She is married to her husband Sam, has 3 children & 3 dogs. She enjoys bike riding, shopping, spending time with family and traveling to special places with them.

**Mary** has been here for almost 2 years. She used to be a Certified Nurses Assistant in both Memory Care as well as Assisted Living here at St Monica's. So it's been a total of 4 years for her. She enjoys flower arranging on her days off. She also just bought a house with her boyfriend, Nate and a rescued dog named, Millie!

**Julia** has worked at St. Monica's for 1 year. She is currently going to school for her Nursing degree and hopes to become a Nurse here at St. Monica's someday soon! In her free time; she likes to travel the world, ride her bike, shop, and hangout with her 4 brothers and friends.



### Just in time for Thanksgiving!

We are so excited to finally announce that our cookbook will be available for purchase this month. They will make a great gift for the holiday season! If you would like to purchase a cookbook, they are \$20 each.

Please contact Shannon at 262-321-7135

## All Saints Day

All Saints day is celebrated on November 1st. This day is in celebration of the Anglicans and Roman Catholics. It was a day made of obligation throughout the Frankish Empire. It was established in 835 A.D. We will be having a special service to remember this day on **November, 2nd at 8:30am in the chapel**. We hope you will join us!

## Oak Lane News Benefits of Art Therapy



- **Increased brain stimulation** – brain stimulation, if not intervened with, will progressively decline, so art therapy provides a way to stimulate minds and help them to engage in simple activities more easily. This is a great cognitive and independent skill for many with memory loss.

- **Improved memory** – having an individual with dementia to draw or paint something from a photo may jog memories of their past. If it doesn't bring back the whole memory, it may bring back a sense of joy and happiness which will help them to reminisce about their past happy moments in their lives.

- **Provides them with a sense of achievement** – There's no better feeling than seeing the smile on their face once they create something beautiful and unique. This sense of achievement will boost their confidence in other similar activities they used to enjoy doing and what they still enjoy doing. It helps with keeping them engaged and their minds active.

Our painting group had a great time painting pumpkins and reminiscing about what we all did for fall and Halloween. We got to hear so many great stories, and see some talented art work.



**St. Monica's will be in the Racine Holiday Parade on November 13th at 4:00 p.m. See Shannon if you would like to sign up to ride on the bus in the parade.**



## Richard Pezanoski Featured Community Member

### Family:

- 9 Children, 28 Grandchildren

### Former Career:

- Newspaper Pressman at The Racine Journal Times for 39 years.

### Early Years & Hobbies:

- While in the Air Force in Boston, I flew planes.
- Enjoyed woodworking, but especially enjoyed carving donkeys.
- Sailing, kayaking, fishing, loves being outdoors and walking.
- Enjoyed bird watching on the Penobscot River.
- Had a cat named, Kitty.

### Fondest Memory:

"I enjoyed sailing across the Gulf with my friends"