

## 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 have access to and participate in activities.

### Birthdays

1st Kenneth Leon (S)  
3rd Laurie Howe (CM)  
4th Margaret Anderson (S)  
4th Briniqua Brown (S)  
5th Yaneli Fuentes Salgado (S)  
6th Richard Pezanoski (CM)  
8th Melvin Manty (CM)  
9th Helen Keller (CM)  
9th Jennifer Owens (S)  
9th Chanicka Parker (S)  
10th Grant Sheldon (S)  
11th Gloria Schilke (CM)  
11th Jon Schoeffel (CM)  
12th Shannon Perez (S)  
15th Erna Simon (CM)  
15th Sylvia Martin (CM)  
16th Joann Zlevor (CM)  
22nd Marlene Schueppler (CM)  
22nd Selena Bernal (S)  
22nd Mekeda Gilmore (S)  
22nd Eva Rhodes (CM)  
25th Addrin Brown (S)  
26th Lucy Ringger (S)  
27th Katia Pironkova (S)  
30th Rosalie Pulda (CM)  
30th Virginia Dziedzic (S)  
31st Tierra Marshall (S)

(CM) = Community Member (S) = Staff

### Staff Anniversaries

Lidija Aliji 19 years  
Dana Petit 8 years  
Margaret Anderson 5 years  
Cadreka Smith 4 years  
Evita Gunderson 3 years  
Chelsea Armstead 2 years  
Tiffany Booker 2 years  
Janett Sifuentes 2 years  
Jennifer Zielinski 1 year  
Zulima Martinez 1 year  
Sherrita Carlisle 1 year



“The bright summer  
had passed away,  
and gorgeous  
autumn was flinging  
its rainbow-tints of  
beauty on hill and  
dale.”

Cornelia L. Tuthill



# THE community MONITOR

ISSUE NO. 58

FALL

OCT. 2021



In the United States, the month long campaign in October is known as National Breast Cancer Awareness Month. The first organized effort to bring widespread attention to breast cancer occurred as a weeklong event in the United States in October 1985, founded by the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (later part of AstraZeneca). Since then, campaigns to increase awareness of the disease, to educate people about methods of prevention and early detection, and to raise money to support research have extended to countries around the world. Today, nonprofit organizations, government agencies, and medical societies work together to promote breast cancer awareness.

Globally, breast cancer is the most common cancer affecting women. In 2018, more than two million new cases were reported worldwide. Of all regions, North America has the highest incidence of breast cancer.

Breast cancer awareness is near and dear to us, here at St. Monica's because many of our staff, community members, and families have been affected by breast cancer. Please join us on Friday, October 22, 2021 and wear pink in honor of breast cancer awareness.



### TIPS for Cold and Flu Season

Protect yourself and others from flu and help stop the spread of germs by...

1. **Avoiding close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Cover your mouth and nose:** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk.
3. **Clean your hands:** Washing your hands often will help protect you from germs. “Clean hands save lives.” Wash your hands with soap for 20 seconds, if soap and water are not available, use an alcohol-based hand rub.

Website: [www.stmonicasseniorliving.com](http://www.stmonicasseniorliving.com)  
Facebook: [@stmonicasseniorliving](https://www.facebook.com/stmonicasseniorliving)  
Twitter: [@stmonicasliving](https://twitter.com/stmonicasliving)  
Subscribe: [info@stmonicasseniorliving.com](mailto:info@stmonicasseniorliving.com)  
Covid-19 Hotline: 262-383-3303

3920 N. Green Bay Road Racine, WI 53404  
Main: 262-639-5050  
Executive Director: Loretta Baxter, RN, MBA  
Administrator: Stephany Lichter, RN, MSN



**VOLUNTEER OF  
THE MONTH:  
LISA NEUBAUER**



Lisa has been a music teacher at Jerstad for 17 years. She loves working with the students and their families. Lisa says, “the energy keeps me young and fills my heart knowing that I am helping students through a challenging growth span.” In her free time, Lisa likes to train for triathlons, spend time with family and friends, and enjoys being outdoors. “I have 2 daughters who are nurses and I am very proud of them.”

During the pandemic lockdown last year, Lisa facilitated wonderful Zoom meetings with all of the students from her class and our community members. The students did a live dance show with us, and donated some wonderful prizes for our community members. It was a year for the books, but the kids sure brightened our day! Thank you, Lisa!



**HERO WITH HEART**  
**Sharon Mellberg, Life Engagement**



HOW LONG HAVE YOU WORKED FOR ST. MONICA’S? *3 years*

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME? *I paint portraits and I’m a foster mom to cats. I also rescue kittens. Sometimes I play cards with my friends.*

PRIOR TO WORKING AT ST. MONICA’S, WHAT WAS YOUR MOST INTERESTING/FUN JOB? *I owned my own frame shop.*

WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICA’S? *I enjoy meeting the new community members and hearing their stories. They are so important to me. I enjoy doing crafts with the community members. It’s fun!*

WHAT ARE SOME THINGS ON YOUR BUCKET LIST? *I’d like to visit Paris and see the art museums.*

WHERE DO YOU SEE YOURSELF IN 5 YEARS? *I’m already retired but I hope to work here as long as I can.*



Hispanic Heritage Month celebrates the culture and contributions of Americans tracing their roots to Spain, Mexico, Central America, South America and the Spanish-speaking nations of the Caribbean. The observance started in 1968 when the President issued an annual proclamation designating National Hispanic Heritage Week. A couple decades later, the annual proclamation was expanded to a month-long celebration, spanning from September 15 to October 15.

Hispanic Heritage Month always starts on September 15, a historically significant day marking the independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. The observance is also for those individuals from Mexico and Chile, which celebrate their independence on September 16 and September 18.



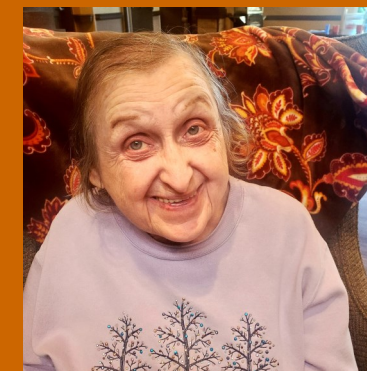
St. Monica’s families are invited to see the offerings in our 2 reimagined spaces!  
**Join us on Wednesday, October 13th  
from 4:00 p.m. - 6:00 p.m.**

Please follow signs to enter through the south doors.

You will meet Kelly Bardosy, DPT, in our new clinic...



and the Life Engagement Team in our updated Game Room!



**Featured  
Community Member  
Rose Dahlin**

**Family:**

- 2 children
- 4 grandchildren

**Former Career:**

- Rose worked at her family business, Reed Switch Development Co. with her husband.
- She also was a dedicated housewife.

**Early Years & Hobbies**

- She was born and raised in Racine but also lived in California for a while.
- Rose enjoyed art, playing the piano, and taking dance lessons of any kind.
- She loves to sing, take scenic bus rides and enjoys the outdoors.

**Fondest Memory:**

*“My children have to be my fondest memory. I also loved spending quality time with my grandkids and always being there for them when they needed me the most.”*

