

Face Masks Keep You Safe!



Gen wearing her mask during a golf cart ride!

To maintain a safe environment we ask you to stay in your room unless you have permission from staff. When leaving your room, receiving care in your room or enjoying a life engagement activity we require you to wear a face mask for your protection. Masks will be provided.

For the latest information on how Covid-19 affects life inside St. Monica's:

Hotline: 262-383-3303

Website:
[stmonicasseniorliving.com](http://stmonicasseniorliving.com/coronavirus-updates)
/coronavirus-updates

A Prayer: FOR THOSE EXPERIENCING COVID-19 OR QUARANTINED

Jesus, during Your ministry on Earth You showed Your power and caring by healing people of all ages and stations of life from physical, mental, and spiritual ailments. Be present now to people who need Your loving touch because of COVID-19. May they feel Your power of healing through the care of our nurses and caregivers.

Take away the fear, anxiety, and feelings of isolation from people receiving treatment or under quarantine. Give them a sense of purpose in pursuing health and protecting others from exposure to the disease. Protect their families and friends and bring peace to all who love them.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.—*Philippians 4:6 (NIV)*



Useful Information

Website: www.stmonicasseniorliving.com
Facebook: [@stmonicasseniorliving](https://www.facebook.com/stmonicasseniorliving)
Twitter: [@stmonicasliving](https://twitter.com/stmonicasliving)
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St. Monica's
Senior Living

You are the heart of our home.®

THE community MONITOR

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How We Keep You Safe: Clorox Total 360 System

The maintenance team at St. Monica's has been using the Clorox Total 360 System on a daily basis for the past few weeks. This innovative cleaning system creates a fine mist of



disinfectant cleaner to eradicate germs and viruses. All high touch surfaces, such as handrails, chairs, table tops, door handles and more, have been treated daily. Electrostatic technology enables superior coverage

of trusted Clorox® solutions in hard-to-reach places — including the side, underside and backside of surfaces. Some of the features are:

- Kills 99.9% of bacteria in 5 seconds
- 44 organism claims: Kills cold and flu viruses, MRSA and norovirus in 2 minutes or less
- One-step disinfecting
- Eliminates odors
- Sanitizes soft surfaces
- Inhibits the growth of mold and mildew for up to 7 days

JUNE 21ST The "Longest Day" by Vanessa Neubecker

June 21st is Father's Day this year, but that's not all it is! It happens to be the longest day of the year and is annually used to raise awareness for Alzheimer's disease. This disease is a progressive disorder that affects the brain and is no stranger to St. Monica's. More than 5.5 million people in the United States alone, live with this disease and numbers are only expected to rise. On June 21, there will be 16 hours of daylight which means 16 hours to acknowledge

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Alzheimer's. To raise awareness and give the disease some attention. The Alzheimer's association suggests we do what we love, grab some friends to hang out with (or virtually

“Sunsets are proof that no matter what happens, every day can end beautifully.”

Kristen Butler

hang out with), and remember to celebrate at sunset. Sunset is important because it's the end of another day full of accomplishments. As said by Kristen Butler, “Sunsets are proof that no matter what happens, every day can end beautifully”!



HERO WITH HEART: Josephine Strutz

DEPARTMENT/ROLE: *Assisted Living Care Team, Caregiver*
HOW LONG HAVE YOU WORKED FOR ST. MONICAS? *7 months*

TELL US ABOUT YOUR FAMILY: *I have a wonderful support system from my mom, my aunt, and my grandparents. I have one brother and two sisters. My boyfriend and I have been dating for 2 years!*

WHERE WERE YOU BORN? *Menomonee Falls, WI*

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME? *I love to travel. I love to play piano, sing, go hiking and volunteer!*

IF GIVEN THE CHANCE, WHO WOULD YOU LIKE TO BE FOR A DAY AND WHY? *Meredith Grey (from the TV show “Grey’s Anatomy”) - the amount of inspiration that character has given to do what I’m doing today is immeasurable. I’d love to be in her shoes for a day.*

PRIOR TO WORKING AT ST. MONICAS, WHAT WAS YOUR MOST INTERESTING/FUN JOB? *I worked at a program for the Racine Youth Center where the kids would paint furniture artistically and sell them at auctions.*

WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICAS? *I love that I get to care for people. I love that I can be there to support our community members with hugs and laughs, especially since they aren’t able to see their families during this time.*

WHAT ARE SOME THINGS ON YOUR BUCKET LIST? *Go skydiving, get married and have kids, travel once a year, visit as many countries as I can, and change at least one person’s life.*

Men’s Health Week 2020

June 15th - 21st, is a week to remind us about the importance of men’s health. Here are 7 health strategies for men over 60.



1. Stay hydrated
2. Get enough shut eye
3. Manage your stress
4. Exercise - 15 mins, 3 to 4x/week
5. Be more flexible - stretch your muscles
6. Make some muscles
7. Watch your diet

IN ROOM ACTIVITIES HAVE BEGUN

We know it is hard to be away from your family during this challenging time. Our Life Engagement team is working very hard to keep everyone’s spirits up. This month we will be providing daily one-on-one visits with each community member in their room. “FUN”

carts will be coming around with ice-cream, fresh popcorn, happy hour, fresh baked cookies, puzzles, word finds, simple crafts, reading material, games, shopping and more. We will deliver and help with mail as well. Terry, one of our great volunteers, will host a conference call each week to do a sing along over the phone with rotating community members. We also encourage video calls (Skype, Zoom, or Facetime) as well as window visits.



If you need assistance or would like to set up some time to connect with your loved one please contact Shannon at 262.321.7135 or email at sperez@stmonicasseniorliving.com



Charles Minor Featured Dad

How Many Kids & Grandkids?

1 daughter and 2 sons,
4 grandchildren,
5 great-grandchildren

Early Years & Hobbies:

- Recruited to play on the Texas A&M AAU basketball team
- Loved fishing, hunting and camping
- Loved going to Melody Top with his wife

Former Career:

Served in the US Navy from 1944 - 1946. 30 years at Bankers Life and Casualty in Chicago as “The Man Who Pays the Claims”

Fondest Memory of Dad

“...the deep love he shared with my mom. This was never more evident than when my mom was on her journey with Alzheimer’s.”

- Sandra DeCesaro

Fondest Memory of Grandpa

“He was a good sport about watching the plays my sister and I enacted while wearing grandma’s dresses and shoes.” Friday night sleepovers with ham & eggs breakfast before heading to the park at Petrifying Springs.

- Jennifer Klaus

May Moments Captured

