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Snacks and Treats

A suggestion that came to our attention, was that we change where we keep our snacks, etc. Starting Monday October 1st, all snacks, drinks and treats are being moved from the Poppy Room into the

café area and café refrigerator.

Many times the Poppy Room is occupied with a private party or a meeting and people cannot access these foods and drinks. By moving these snacks and drinks to the upstairs café area we will be able to accommodate more people.

Keep your suggestions coming in – we really appreciate it when we here ideas that will make your life here at St. Monica’s more rewarding and fulfilling.



Flu Season is Just around the Corner

By Stephany Lichter, RN



Getting a flu shot each year is a good idea for everyone, but it is even more important for seniors over the age of 60. Increased vulnerability to the virus and increased risk of complications

make it imperative that seniors take every precaution to avoid getting the flu and the vaccination is the best form of prevention.

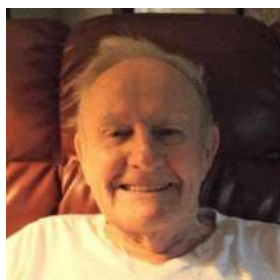
Influenza, or the flu as it's more commonly known, is a viral illness that affects the respiratory system and can be easily spread from person to person.

Flu season occurs during the time of year when the virus can travel from person to person with the most efficiency. Colder temperatures typically facilitate easier transfer and the season usually lasts from October to May, with its peak occurring between December and February.

Those with the flu can spread it to others when they cough or sneeze. The influenza virus is contained in droplets from the throat and nose. These droplets can travel through the air via coughing, sneezing and talking, or they can collect on an object touched by an infected person.

Continued on the inside.

St. Monica's Welcomes Lowell Katt!



Lowell Katt, room 74, has come from his home here in Racine to be part of our community. Lowell is a lifelong Racine resident who attended Fratt, Mckinley, and Park High School. He comes from a family of six children, one who was his twin sister, and they lived primarily on the west side of Racine. He remembers working on his dad's mink farm on Emmertson Road during the summers when he was growing up, and he remembers that it was hard work.

Lowell has three sons, two daughters, and eight grandchildren. His sons and one daughter live nearby, the other daughter lives in Minneapolis. Lowell says he started working at Keystone Heating and Air Conditioning as an apprentice in 1951, shortly after he graduated from high school. In 1969 he bought the business and continued there as owner until his retirement in 1995. His family now operates the business. After Lowell retired, he and his wife enjoyed several trips to Europe and spending Wisconsin winters away from Wisconsin. They had a condominium in Mississippi where they especially liked to go until a hurricane flattened it to its foundation. Following that, they spent their winters in Destin, Florida, which is in the panhandle.

Lowell loved playing golf, usually playing three times a week at Ives Grove with a great group of friends. He also likes playing sheephead, poker, and cribbage. His television preferences are the golf channel, history channel, and the news. Welcome to St. Monica's, Lowell!



Our Super Golf Outing Fundraiser

was a huge success! The weather was warm and we golfed, played games, and enjoyed the creative "super" themed outfits. This year's fundraiser will go toward a State-of-the-art Medical Response System for our Assisted Living Side.

Our day started with heavy rains, but it cleared up and we had sunny weather. We enjoyed a boxed lunch before our shot gun start at 12:30. Shouts of laughter, moans, and high-fives were heard all over the course. This was a good-natured group. After play, we had an excellent dinner where raffle tickets were selling like hot cakes.

We would like to take this opportunity to thank the many, volunteers who made this event possible. We also are very grateful to the many donors and sponsors who added to this worthy cause. We hope to see you next year, Thursday, September 19, 2019!

Best of Racine!



We are so blessed to have been nominated and voted as the "Best of Racine Senior Living Community." Our mission of care, our philosophy of Aging in Place, our training in Memory Loss care, and our dedicated, skilled staff make St.

Monica's a place we are proud to be part of. Thank you to everyone who made this honor possible.

Loretta Baxter - Administrator

St. Monica's Welcomes Audrey Saunter



Audrey Sautner, room 56, is among the latest of newcomers to St. Monica's. Audrey moved here from her own home located in Racine. Audrey was born and raised in Spencer, Wisconsin, and graduated from high school there. She met her husband there after he came back from the war. When he took a job at Case manufacturing, they moved to Racine and raised their family.

Audrey has two sons and two daughters, all of whom live in Racine. Before the children were born Audrey worked at Olsters - Hamilton Beach. While her children were young, she was a stay at home mom. Later on, she worked at Goldblatts Department Store in the men's department until the store burned. She says she and her husband figured that was a good time for her to retire, so that they could spend time together and do some traveling. They mainly enjoyed trips to San Francisco and San Diego where they had family they wanted to visit.

Audrey enjoys playing cards, especially canasta and cribbage. She spends lots of her time on jigsaw puzzles, which she says she loves doing. Audrey says she looks forward to making new friends here at St. Monica's, and is already acquainted with her mealtime tablemates. She likes to read, primarily biographies and the Bible, and says she wants to make sure to join the Bible study group here. She is a member of Holy Cross Lutheran Church.

Welcome to St. Monica's, Audrey!

Outstanding October Line Up – Mark Your Calendars!

- Oct. 1 – **Monday: Music w/ Jeremiah & Anna 1:00pm (Party Rm)**
- Oct. 2 – **Tuesday: KFC lunch outing 11:00am**
- Oct. 5 – **Friday: Oktoberfest 4:00pm (Party Room)**
- Oct. 6 – **Saturday: Jan performs Patsy Cline 1:30 pm (Living Rm)**
- Oct. 7 – **Sunday: Packers vs Lions Noon (Living Room)**
- Oct. 8 – **Monday: Holy Hill Outing 10:00am**
- Oct. 9 – **Tuesday: Movie Outing \$5.00 9:15am**
- Oct. 12 – **Friday: Laverne Sings 1:00pm (Coffee Area)**
- Oct. 14 – **Sunday: SMBTL bingo 1:00pm (Party Room)**
- Oct. 15 – **Monday: Mark Paffrath sings 2:30pm (Lower Atrium)**
- Oct. 15 – **Monday: Packers vs. 49er's 7:15pm (Living Room)**
- Oct. 16 – **Tuesday: Pumpkin Farm Outing 1:00pm**
- Oct. 19 – **Friday: Happy Hour w/Charlie 2:00pm (Party Room)**
- Oct. 21 – **Sunday: Big Band Outing 1pm**
- Oct. 21 – **Sunday: Sunshine Club bingo & ice cream social 1:00pm**
- Oct. 22 – **Monday: Foot Doctor today (Hair Salon)**
- Oct. 22 – **Monday: Martha Haws plays the organ 3:00pm (Chapel)**
- Oct. 23 – **Tuesday: K-Mart and Douglas Diner 9:00am**
- Oct. 23 – **Tuesday: Baseball World Series Starts TBD (Living Rm)**
- Oct. 24 – **Wedn.: Accordion music w/Kathy 2:30pm (L. Atrium)**
- Oct. 27 – **Saturday: Jan performs Patsy Cline (Living Room)**
- Oct. 28 – **Sunday: Packers vs Rams 3:25pm (Living Room)**
- Oct. 29 – **Monday: Charlie on the piano 2:30pm (Party Room)**
- Oct. 30 – **Tuesday: Joe Don Farm Outing 1:00pm**
- Oct. 31 – **Wednesday: Halloween Party 1:30pm (Party Room)**

*****Outings are all in purple please sign up in the Living Room.**

Caring Memories...



It's fun to listen to music, but we think it's even more fun to get up and dance to some great tunes. Here is Mary who played music by the Temptations and asked Judy to

dance. Pat is watching and clapping to the music. Spontaneity is usually joyful and heartfelt, and this is a perfect example of our Person Centered Care. Hat's off to Mary!



Caught you Caring

This month's recipient goes to Bernice Wikstrom. Here's what a family member had to say about Bernice. *"It made a world of*

difference to us knowing that Mary was in good hands...thanks so much for all your help." Bernice says that St. Monica's is her "home away from home." She has retired from St. Monica's twice, and keeps coming back! She came here in 1999 as one of the afternoon nurses, and now works as the health unit coordinator, helping the nurses as much as possible. In her spare time, she likes to read, cook, and play on the computer and do as little housework as possible. Bernice says "I love it at St. Monica's" and we love that.

Congratulations Bernice!!!

Flu Season Cont.







Here are some signs and symptoms of influenza. Fever, headache, tiredness, runny or stuffy nose, body aches and sore throat. *Symptoms usually start 1-4 days after breathing in flu virus droplets.*







Here are some helpful facts: **Antibiotics do not work** against the flu. Most people with the flu will get better on their own without medicine. Prescription medications called influenza antivirals can help treat the flu.

You can prevent the flu by getting the flu shot each fall. Flu strains mutate and differ from year to year so last year's flu vaccine will not protect from this year's strain of the flu. In addition, even though the vaccine is not 100% effective, it is still considered to be 70-90% effective, which means the majority of people who receive the vaccine will be protected. Remember to wash your hands often with soap and water. Use hand sanitizer if you do not have soap and water. Use a tissue to cover your nose or mouth when you cough or sneeze. If no tissue is available, cough and sneeze into your sleeve. And please, do not share drinking cups, straws, or eating utensils.

If you start feeling ill let one of our caregivers or nurses know immediately. We will work with your physician on the best course of treatment. Please stay in your room until you are feeling better, get plenty of rest and drink lots of fluids.

If you have any questions regarding this information feel free to contact Stephany at 639-5050 ext. 150.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
 <p>OCTOBER</p>	1 9:30 Exercise 10: Kirby visits 10:30 Dice Games 1:00 Special Music Program with Jeremiah and Anna 2:30 Bowling 5:30 Mexican Train	2 9:00 Craft Club 10:30 Reminisce 11:00 KFC Buffet 1:00 Bingo 2:30 Myrasized 3:15 Baking Club 5:30 Uno Card Games	3 9:00 Sheepshead 9:30 Balloon Fun 10:30 Chicken Soup stories/pumpkin lattes 1:30 Prayer Shawl 2:00 Kerplunk 6:00 Bingo w/Kathi	4 9:00 Nails 10:00 News & coffee 10:30 Racine Bible DVD Church 1:00 Big Bucks Bingo 2:00 Crafts with Diane 5:30 Trivia Night	5 9:30 Exercise 10:30 Bible Stories 11:00 Jana/Piano 1:00 Current Events 3:00 Adoration 4:00 	6 8:30 Mass 9:30 Exercise 10:30 News & coffee 1:30 Jan performs Patsy Cline 4: Fatima Rosary 6:00 Movie Night
7 8:30 Mass 9:30 Café Visiting 10:30 7 card no peek Noon: Packers vs. Lions 	8 9:30 Exercise 10: Holy Hill Outing  1:00 Bowling 2:30 Movie/popcorn 5:30 Domino's w/ Rojean	9 9:00 Painting Club 9:15 Movie Outing 10:30 Reminisce 1:00 Bingo 2:00 Dr. Pothen 2:30 Salvation Army 3:15 Snack Makin' 5:30 Uno Card Games	10 9:00 Sheepshead 9:30 Balloon Fun 10:30 Roll for it 1:00 Bean Bag Toss 1:30 Prayer Shawl 2:30 Snack Making 6:00 Bingo w/Kathi	11 9:00 Nails 10:00 News & coffee 10:30 Methodist Service 1:00 Big Bucks Bingo 1:00 Mending w/Mary 2:00 Sing-a-long 5:30 Trivia Night	12 9:30 Exercise 10:30 Inspiring Stories 11:00 Jana/Piano 1:00 Laverne Sings 2:00 Wine and Cheese Social	13 9:30 Exercise 10:30 Guess that word 1:00 Musical Movie 2:30 Dice Games 6:00 Movie & a snack
14 8:30 Mass 10:30 Coloring w/ Josie 1:00 SMBTL Bingo 2:30 Dean Martin Hour	15 9:30 Exercise 10:30 Scrap Bookin' 1:00 Bowling 2:30 Mark Performs 7:15 Packers vs 49'ers. 	16 9:00 Painting Club 10:30 Reminisce 1:00 Pumpkin Farm Outing  1:00 Bingo 2:30 Myrasized 3:30 Penny Ante 5:30 Checkers Club	17 9:00 Sheepshead 9:30 Balloon Fun 10:30 Beading 1:30 Prayer Shawl 2:30 Popcorn Pass 3:30 Yahtzee 6:00 Bingo w/ Kathi	18 9:00 Nails 10:30 Protestant Church 1:00 Bingo 2:00 Music & Movement w/ Kam 3:00 Bible Study 5:30 Yahtzee Play	19 9:30 Exercise 10:00 Sparks 10:30 Inspiring Stories 11: Jana/Piano 2:00 Happy Hour with Charlie	20 9:30 Exercise 11:00 Library 1:00 Bingo with Bob & Mary 2:30 Walking Club 6:00 Movie & a snack

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 8:30 Mass 10:30 Knock Out 1:00 Big Band Outing 1:00 Sunshine club bingo and Ice-cream social.	22 <u>Foot Doctor</u> 9:30 Exercise 10:30 Info. Meeting 1:30 Card Making 2:30 Stories w/Jessie 3:00 Martha Haws performs/chapel 5:30 Domino's night	23 9:00 Painting  9:00 K-Mart & Douglas Diner 10:30 Reminisce 1:00 Bingo 2:00 Dr. Pothen 2:30 Popcorn/Movie 5:30 Roll for it w/Ann	24 9: Sheephead  9:30 Balloon Fun 1:00 Beading Craft 1:30 Prayer Shawl 2:30 Accordion music w/ Kathy 6:00 Bingo w/Kathi	25 9:00 Nails 10:30 Methodist Service 1:00 Big Bucks Bingo 2:30 Wheel of Fortune 5:30 Kick Ball w/ John	26  9:30 Exercise 10:30 Up lifting Stories 11: Jana/Piano 1:00 Current Events 3:30 Beer, chips & dip	27  9:30 Exercise 10:30 Trivia Hour 1:30 Jan Performs Patsy Cline 2:30 Wheel of Fortune w/John 6:00 Movie & snack
28 8:30 Mass 1:00 Bowling 2:30 Snacks 3:25 Packers vs Rams 	29 9:30 Exercise 10: Kirby visits 10:30 Bean Bag Toss 1:00 Putting 2:30 Charlie Performs 5:30 Domino's w/ Rojean	30 9:00 Craft Club 10:30 Faith Share 1:00 Joe Don Farm 1:00 Bingo 2:30 Myrasized 3:15 Outdoors 5:30 Time Slips	31 9:00 Sheephead 9:30 Balloon Fun 10:30 Trick or Treat 1:00 Pumpkin Judging 1:30 Prayer Shawl 1:30 Halloween Party  6:00 Bingo w/Kathi		<u>Daily</u> 8:30 Mass 9:00 Coffee 10: Game Shows 4:00 Rosary 6:00 Cards	<u>Anytime Activities</u> Dakim Computer Puzzle Making Libraries Internet Music Serenity



OCTOBER BIRTHDAYS

RESIDENTS

Clarence Ivanoski 10/5
 Lois Nikl 10/5
 Audrey Jensen 10/13
 Gilbert Thomsen 10/19
 Rosalie Pulda 10/30

STAFF

Margaret Anderson 10/4
 Sylvia Martinez 10/9
 Erica Pittman 10/10
 Grant Sheldon 10/10
 Shannon Perez 10/12
 Latasha McCollum 10/17
 Sydney Johnson 10/20



Selena Bernal 10/22
 Sarah Rogstad 10/23
 Makayla Sparkman 10/27
 Katia Pironkova 10/27
 Ebony Johnson 10/27
 Taylor Firnges 10/30
 Virginia Dziedzic 10/30

Religious Services

Catholic –

Mass @ 8:30 every morning.

Rosary @ 4:00 every afternoon.



Lutheran Service @ 10:30 1st, 3rd and 5th Thursdays of the month.

Methodist Service @ 10:30 2nd and 4th Thursdays of Month