

## 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 receive your mail unopened and have private use of a telephone.

### Birthdays

2<sup>nd</sup> Nancy Sheets (CM)  
 5<sup>th</sup> Julie Wendorf (S)  
 9<sup>th</sup> Robert Lovdahl (CM)  
 12<sup>th</sup> LaShonda Blair (S)  
 13<sup>th</sup> Audrey Sautner (CM)  
 15<sup>th</sup> Nicolet Vakos (CM)  
 17<sup>th</sup> Michelle Szczepanski (S)  
 21<sup>st</sup> Aviena White (S)  
 23<sup>rd</sup> Alice Vidian (CM)  
 23<sup>rd</sup> Chelsea Armstead (S)  
 26<sup>th</sup> Kelly Wheatley (S)  
 28<sup>th</sup> Lidija Aliji (S)  
 28<sup>th</sup> Delaina Bursey (S)  
 (CM) = Community Member (S) = Staff

### Staff Anniversaries

Malena Brown 3 years  
 Ronald Edwards 3 years  
 Kelly Bardosy 1 year  
 Di Andra Barkley 1 year

## EASTER

### WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | T | L |   |   |   |   |   |   |   |   |   |   |
| Y | P | H | S | H | Y |   |   |   |   |   |   |   |
| H | S | S | A | R | G | E |   |   |   |   |   |   |
| Y | R | Y | I | H | I | R | H | Y |   |   |   |   |
| H | H | D | R | E | T | S | A | E | H | Q |   |   |
| U | N | S | P | R | I | N | G | I | R | H |   |   |
| B | N | I | A | A | L | D | L | A | S | I | R | B |
| C | T | S | L | C | H | I | C | K | A | S | I | C |
| J | E | L | L | Y | B | E | A | N | L | A | S | F |
| R | E | W | O | L | F | B | F | N | R | L | U | A |
| R | S | T | F | E | A | M | T | E | R | R | N | J |
| U | A | E | P | P | B | A | S | K | E | T | D | U |
| T | R | N | B | B | L | L | S | B | P | F | A | O |
| B | U | N | N | Y | U | S | A | L | E | P | Y | Z |
| P | U | O | G | S | A | A | R | S | E | B | O | P |
| T | B | N | A | R | P | K | A | P | L | B |   |   |
| B | S | E | E | K | E | G | G | S | S | L |   |   |
| A | T | Y | U | E | T | K | R |   |   |   |   |   |
| Y | D | N | A | C | U |   |   |   |   |   |   |   |
| T | B | S | M |   |   |   |   |   |   |   |   |   |

BUNNY  
EGGS  
CHICK  
JELLYBEAN

BASKET  
SPRING  
FLOWER  
EASTER

GRASS  
CANDY  
HUNT  
DYE

BONNET  
SUNDAY  
PEEPS  
LAMB



### Useful Information

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)

3920 N. Green Bay Road Racine, WI 53404

Main: 262-639-5050

Administrator: Stephany Lichter, RN, MSN

Covid-19 Hotline: 262-383-3303



# THE Community MONITOR



### CELEBRATING ONE YEAR!



April 2022 marks one year of business for Arise Physical Therapy, and what a year it was! I am so grateful for the opportunity to get to know so many of you, and to serve St. Monica's as the resident Physical Therapist. It is my honor and privilege to offer opportunities to work on your balance, regain your strength, or simply learn a few new exercises to keep moving. I want each and every one of you to be as mobile, safe and independent as possible. Please reach out to me at 262-321-7164 if I can be of assistance in helping you reach your goals. In addition, please join me at the group exercise class I teach every Monday and Wednesday at 9:45 am in the party room. It's a great way to keep moving and to have some fun. Let's make this spring and upcoming summer the best one yet!

## Happy 1st Anniversary!



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### Special Services Offered: Visiting Podiatrist

Dr. Isaac Trejo is a visiting Podiatrist, and he has been coming to St. Monica's for 10 years now. He visits every 9 weeks and he will be in Assisted Living on April 12<sup>th</sup> and in Memory Care on May 10<sup>th</sup>. He accepts most insurance policies. If you have any questions or would like to be seen by Dr. Trejo, please talk to Katia or Bernice for Assisted Living visits or Michelle for Memory Care visits.



### Screening Kiosk Relocated

You may have noticed a change in the main lobby, as the front desk has been removed and the COVID screening kiosk has been relocated to the "Welcome Area" desk near the Business Office. Please continue to sign in and out at this kiosk. Thank you!

## STRESS AWARENESS MONTH

April is Stress Awareness Month. If you're like me, it doesn't take a special month to be aware of daily stress. Pandemics, international conflicts, job responsibilities, finances, and health concerns, are just a few of the causes of stress. Some physical symptoms of stress include aches and pains, chest tightness, exhaustion, trouble sleeping, headaches, dizziness, high blood pressure, muscle tension, jaw clenching, and digestive issues, which can lead to chronic health problems. How can we reduce the stress in our lives?

Here are a few ideas:

**Pray** - 1 Peter 5:7 says, "Cast all your anxiety on Him because He cares for you." He CARES for YOU! It helps to remember that God is sovereign, in control and already knows how your concern will be resolved. Sometimes your stress can be so great that it's difficult to pray. Many people have shared that they pray daily for our community members, their families and our staff. Thank you!

**Do Self Care** - Engage in hobbies (such as reading, singing, knitting, dancing, cooking, gardening, etc.), walk around the block, soak in the bathtub, get a massage, a good night's rest, a cup of coffee with a friend, or exercise. What does your self care look like and what activities bring you relaxation and joy? "Do what you can to reduce the stress in your life, and please, ask for help from others when you need it."

Debra Mulder, RN  
Director of Nursing

## HERO WITH HEART Chelsea Armstead - Lead Caregiver



**HOW LONG HAVE YOU WORKED FOR ST. MONICA'S?** *2 years and 4 months*

**WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?** *Read books, spend time with family, & go bowling weekly at Castle Lanes on family night.*

**WHAT DO YOU LIKE MOST ABOUT WORKING AT ST. MONICA'S?** *I love making people smile. I love the team I work with and most of all, I love the community members.*

**WHAT ARE SOME THINGS ON YOUR BUCKET LIST?**

*Travel the entire world, wherever a plane will take me!*

**WHERE DO YOU SEE YOURSELF IN FIVE YEARS?**

*I want to become an esthetician. I'd like to grow my family.*

## Celebrating Easter



Catherine and Charlie Harris will present, "See What a Morning" in St. Monica's Chapel on Good Friday, April 10<sup>th</sup> at 10:30 am. Come to hear the Easter Story through music, storytelling, and images.



Please join us for the following services:

Non-denominational Easter Service:  
Thursday, April 14<sup>th</sup>  
at 10:30 AM

Easter Service:  
Sunday, April 17<sup>th</sup> at 9:00 AM

All services will be held in the chapel

## Oak Lane News

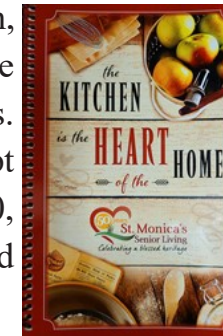


Art therapy has been shown to benefit people of all ages, but it's especially valuable for seniors with Alzheimer's or dementia. Research indicates art therapy can improve communication, concentration, and self-esteem. It can also create a sense of accomplishment and purpose, as well as help to reduce feelings of isolation. In Oak Lane, we provide easy and relaxing art classes with Sharon every Wednesday at 1:00 pm. We have such a great time being creative, and enjoy being inspired by our friends.



## 50<sup>th</sup> Anniversary Cookbooks for Sale!

For our 50<sup>th</sup> Anniversary, we published a special edition cookbook, "The Kitchen is the Heart of the Home," which features recipes from St. Monica's Kitchen, the Sisters of St. Rita, our employees, the community members and their families. These unique recipes will be sure to tempt your tastebuds! The cookbooks are only \$20, so be sure to stop by the front desk and purchase your copy before they're gone!



## ST. MONICA'S TV CHANNEL



Tune into channel 955 from your personal TV and you will be able to see the list of activities for the day, upcoming events, the weekly menu, as well as special announcements!

## Featured Community Member:



## Melvin Manty

### About Yourself:

- 3 children - 2 girls & 1 boy  
Gail, Karen, & Mark
  - 3 grandchildren
  - 2 great-grandsons

### Former Career:

- Born & raised as a farmer in the house my grandfather built.
- I left home at 25, moved to Michigan and worked in road construction and at a saw mill.
- I moved to Ohio and worked as a mechanic on John Deere tractors.
- I then moved to Wisconsin and worked at SC Johnson for 35 years on a production line.

### Early Years & Hobbies:

- "Scrub Softball" with neighbors
- "I wasn't able to have too many hobbies because I was working on the farm. I loved the animals."

### Fondest Memory:

"Working on a farm, no one was done until everyone was done."  
Spending quality time with family.

"Be humble & be kind & your rewards will be 10 times as good."

- Mel