



St. Monica's Senior Living

You are the heart of our home.®

ISSUE NO. 72

WINTER

FEB. 2023



THE Community MONITOR





HEART PROGRAM



This November will mark the 6th anniversary of the opening of our Oak Lane Memory Care addition. Since the doors opened, this portion of St. Monica's has remained fully occupied due to a clear need to support those living with Alzheimer's and other dementias. Many in our Assisted Living also live with this challenging disease. All of them at different stages of their journey, requiring a variety of interactive techniques to remain stimulated and engaged. In an effort to continue our legacy of providing Person Centered Care, we seek your support as we look to enhance our Life Engagement programming by adding the HEART model: **Healing/Hearing (Music, Meditation, Aromatherapy), Exercise/Empathy, Art/Activities, Reading/Reminiscence, and Therapeutic Touch/Taste.** This program will provide for needs on an emotional, social, spiritual, physical, and educational level. Activity carts and closets will be created to house items needed to execute this vision. Items such as sensory boxes, robotic pets, memory books, puzzles, games, arts and crafts supplies, etc. We will also be gathering tools to use for music therapy, aromatherapy, exercise, visual stimulation and more. We are very pleased to get the carts rolling out. Thank you for your continued support!

ASH WEDNESDAY

Ash Wednesday in the Christian church, is the first day of Lent, occurring six and a half weeks before Easter (between February 4 and March 11, depending on the date of Easter). Ash Wednesday is a solemn reminder of human mortality, the need for reconciliation with God, and marks the beginning of the penitential Lenten season. Please join us on February 22nd at 8:30 am for a special service by Fr. Brian and receive your ashes.



Core Value Award



Lillie Ventura

Appreciation: We value and appreciate everything that Lillie does in Oak Lane for the community members and her co-workers.

How long have you worked for St. Monica's?

"I have worked for St. Monica's for almost 4 years."

What do you like to do in your spare time?

"I enjoy spending time with my children and going to their sports and school activities."

What do you like most about working at St. Monica's?

"I love the compassionate atmosphere here and the drive to continue my Nursing Assistant credentials at Gateway."

What are some things on your bucket list?

"My big plans are buying my own home this year and traveling to Puerto Rico."

Community Member of the Month

Family: "I have 5 wonderful boys."

Early Years & Hobbies: "I really enjoyed collecting glassware antiques. I enjoyed going to plays at the Theater Guild. I also traveled to all 50 states with my husband."

Former Career: "I worked as a receptionist at JCPenny for 50 years. I also worked at the IRS for 5 years."

Fondest Memory: "I loved to travel with my husband. We enjoyed all the different foods we ate and the people we met. It was a great experience."



Mary Lee

What's Happening?



Black History Month



Each year, Americans observe Black History Month in February. The month-long celebration honors the accomplishments of African Americans throughout history. Although African Americans have made significant contributions to society in all areas of life, their stories are often left out of the mainstream historical narrative. Black History Month provides an opportunity for all Americans to learn about the unique and important role that black Americans have played in our nation's history. Please join us as we devote the month of February to celebrating and recognizing Black excellence around the world and within our community.



Super Bowl Party

Stephany, our Administrator, will be hosting a Super Bowl Party for community members and their families on Sunday, February 12, 2023 from 3:30 - 5:00 pm in the Party Room. If you plan to attend, please make sure to RSVP with the front desk by Thursday, February 9th, as food will be provided. We hope to see you there!



Sweethearts Dance

Please join us on February 14th at 2:30 pm for a special Valentine's Day Dance in the Party Room. We will have chocolate dipped strawberries and wine!



Special Outings this Month (sign up only)

- Dollar Tree shopping: Wednesday, Feb. 1st at 9:00 am
- Olive Garden: Friday, Feb. 3rd at 11:00 am
- Target shopping: Friday, February 10th at 9:00 am
- Culver's Lunch: Friday, February 17th at 11:00 am
- Fish Fry Lunch: Friday, Feb. 24th at 11:00 am



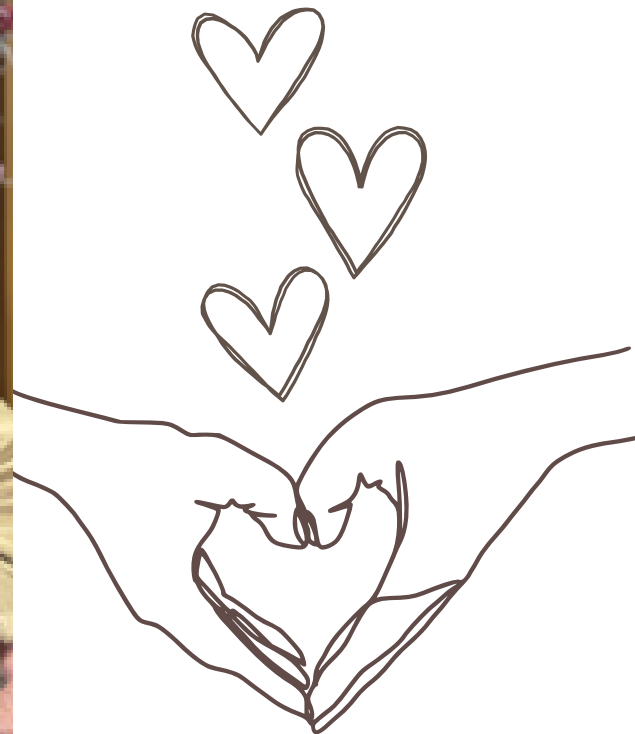
Fat Tuesday Bingo

Please join us for Mardi Gras Bingo on Tuesday, February 21st at 1:30 pm in the Party Room. Let the good times roll!



The Importance of Touch

Touch is so important to us as human beings, it gives us a sense of belonging. It's one of the first senses to develop in a human and is the most emotional sense in our lives. Throughout a human's lifespan, physical interaction only becomes more essential. These interactions can greatly improve a seniors' quality of life as this sense is one of the most important to our well-being. Whether it's a gentle hand massage or a pat on the back, touch helps calm any anxious feelings one is experiencing and makes them feel loved and safe. Seniors seek this emotional touch as it conveys warmth, concern, security, encouragement, and comfort. Seniors living in long-term care are among the most vulnerable, particularly those living with dementia. Seniors with dementia can especially benefit from touch. Most of the "touch" they receive is from caregivers carrying out personal care assistance. Physical connections with seniors communicates love and compassion at a level where words can only scratch the surface.



Know Your Rights

Right to participate in the planning of care and treatment, be fully informed of care and treatment options, and have the right to refuse any form of care or treatment unless the care or treatment has been ordered by a court.

February Birthdays

- Kim Neubecker 2nd (S)
- Jayla DeGroot 3rd (S)
- Tymeika Bolden 5th (S)
- Allen Schneider 7th (CM)
- Marvin Wilson 8th (S)
- Mary Ann Kaplan 10th (CM)
- Kiera Hodges 13th (S)
- Joan Moebius 16th (CM)
- Tyratta Cole 18th (S)
- Shirley Schlichting 18th (CM)
- Evelyn Imhoff 19th (CM)
- Charisse English 20th (S)
- Angelina Gutierrez 20th (S)
- Liliana Ventura 20th (S)
- Joe Holbus 22nd (CM)
- Eileen Weigel 22nd (CM)
- Carol Veranth 27th (CM)



Staff Anniversaries

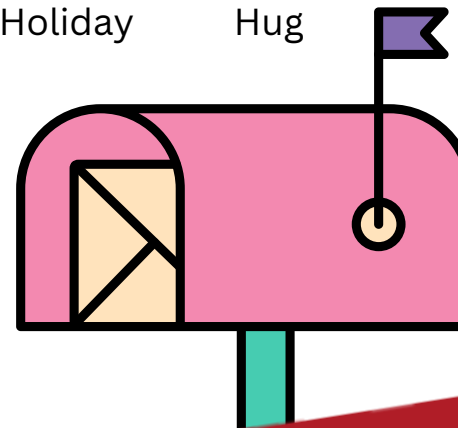
- Deb Mulder 9 years
- Sr. Vineeta 5 years
- Susan Croak 4 years
- Debra Monroe 3 years
- Christine Jacobs 3 years
- Nancy Venegas 2 years
- Addrin Brown 2 years
- Nicole Zetina 2 years
- Pamela Hargrove 1 year
- Tasha Booth 1 year
- Latasha McCollum 1 year
- Barbara Schoeffel 1 year

Valentines Day Word Search



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

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|---------|---------|---------|--------|
| Friends | Flowers | Gifts | Hearts |
| Kiss | Candy | Card | Love |
| Cupid | Date | Holiday | Hug |



Useful Information

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