



St. Monica's Senior Living

You are the heart of our home.®

ISSUE NO. 84
WINTER
JAN. 2024



Name	Start	End
David	9	10
Dudley	7	13
Jeanne	9	10
Mark	10	10
Paul	5	8
Mary Ann	6	8
Judith	8	10
Joyce	8	-
Marie	7	10
Bernie	11	12
Sharon	5	6
Tim	11	10
Francis	5	7
Shirley	2	7
Ernie	7	9

 **Arise**
PHYSICAL THERAPY
St. Monica's Senior Living

THE Community MONITOR



COMMUNITY OUTREACH



Adopt-a-Route Corporate Sponsor



St. Monica's delivers Meals on Wheels to our seniors.

In 2023, St. Monica's became a Meals on Wheels Adopt-a-Route Corporate Sponsor. Not only do our employees dedicate time to our seniors at St. Monica's, but also dedicate time to help seniors around the community. Through this wonderful program, they serve meals over the lunch hour to homebound seniors.

A NOTE FROM ARLENE



"I just want to give a big thank you to everyone who contributed to the dishcloth sale. The money was donated to the St. Monica's community as well as Hospice Alliance. I donated \$400 to St. Monica's and \$100 to Hospice Alliance. All of the sales came from people who work or live here and I just want them to know that I appreciate them and that it's all going to a good cause."

Core Value Award



Misti Ayala

Compassion: Understanding and having concern for others.

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

"I have worked for St. Monica's for 1.5 years in the Housekeeping department."

What do you like to do in your spare time?

"In my free time, I enjoy walking my dogs and watching movies with family."

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

"I really enjoy getting to know the community members and doing things for them."

What are some things on your bucket list?

"Eventually, I would love to travel to The Bahamas or wherever it's warm."

Community Member of the Month

Family: I have 3 boys and 1 girl.

Early Years & Hobbies: "I really enjoy painting, playing the banjo and reading. I have read over 300 books and I am currently working on Tai Chi meditation."

Former Career: I had my own company called, Systemation, which sold manufacturing equipment to companies all around the world. I had over 300 employees. I also enjoyed selling my art work. I've created over 500 pieces ranging from watercolors to acrylics. I won first prize in Sedona and sold a piece of art work for \$3,000.

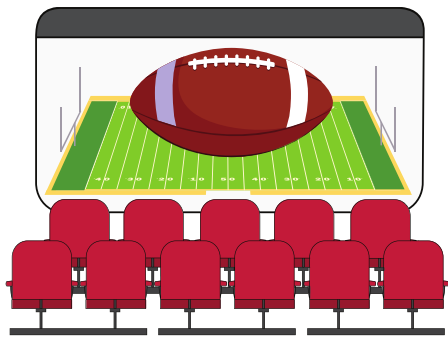
Fondest Memory: "I will never forget skiing in the upper mountains in Canada, it was an experience of a lifetime."



Phil Koerper

What's Happening?

SUPER BOWL PARTY



We will be hosting a Super Bowl Party on February 11th in our movie theater. The time for the party is to be determined. Please keep an eye out for flyers around the building & updates on our Facebook page. Snacks and drinks will be provided. Families are welcome.

You're invited



GREAT GATSBY PARTY

Please join us on Thursday,
January 18th at 6:00 pm in the
Party Room for our Winter Formal!
Cocktails and appetizers will be
served, along with a special
performance by the Men in Black.



Special Outings this Month (sign up only)

- Target Shopping: Friday, January 5th at 9:00 am
- Culver's: Friday, January 12th at 11:00 am
- Dollar Store: Friday, January 19th at 9:30 am
- Douglas Diner: Friday, January 26th at 11:00 am

*Outings are subject to change due to weather.
Thank you!

A Special Thank you

A very special thank you to **Jack Lichter** for arranging the holiday decoration of St. Monica's with his school. He took the lead and made our home look so beautiful. Racine Lutheran High School students love to volunteer! We had 40 National Honor Society students and friends spend several hours decorating at St. Monica's. Way to witness and share God's love to others, Crusaders!



OAK LANE NEWSLETTER



KEEPING ACTIVE FOR THE NEW YEAR



KEEPING YOUR MIND & BODY IN SHAPE

Some ways that have been known to help keep our brains active and challenged are:

- Eating with the opposite hand that you normally eat with.
- Learning something new, like a second language or a musical instrument.
- Playing board & card games with your family & friends. Mix it up by trying new games.
- Work on crossword puzzles, number games, or other types of puzzles.
- Social connections also help your brain. Talking with family and friends, as well as reminiscing.
- Exercise is a critical activity for not only staying fit, but also improving memory and it has been known to slow mental decline.

Here at Oak Lane, we have many options to keep your mind active and your body fit, including exercise 5 days a week, games, puzzles, art and much more!

*Happy New Year From all
of us in Oak Lane*



2024

Know Your Rights

"Right to receive all prescribed medications in the dosage and at intervals prescribed by a practitioner. The resident has the right to refuse medication unless the medication is court ordered."



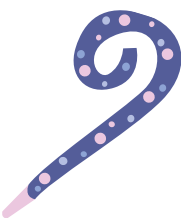
January Birthdays

- Emily Zjaba 1st (CM)
- Florence Rossmann 4th (CM)
- Rebecca Seitz 6th (S)
- Sr. Angelica 11th (S)
- Doris Zimmerman 16th (CM)
- Chaquara Mason 17th (S)
- Ja'niyah Woods 18th (S)
- Lakiya Gresham 20th (S)
- Rudolph Peterson 23rd (CM)
- Jacqueline Sherwood 24th (CM)
- Dana Petit 26th (S)
- Alex Turnipseed 27th (S)
- Malena Brown 28th (S)
- Miranda Timler 28th (S)
- Community Member (CM) Staff (S)



Staff Anniversaries

- Sr. Angelica 48 years
- Michelle Szczepanski 6 years
- Maria Faz 4 years
- Patricia Kingsley 2 years
- Tyratta Cole 2 years
- Onetha Ousley 2 years
- Kaitlin Dean 2 years
- Gail Langer 1 year
- Anastasia Roberson 1 year
- Tiffany Conhartowski 1 year



WINTER WORD SEARCH

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

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|----------|----------|-----------|---------|
| Blizzard | Cocoa | Fireplace | Ice |
| Boots | Cold | Frosty | Icicles |
| Coat | December | Hat | January |



Useful Information

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