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Love is in the Air continued.



Seniors who live in retirement communities have the advantage of living close to many people, which makes it easier to make long-lasting friendships.

According to Helpguide,

socialization can boost self-esteem; seniors can feel a sense of meaning and self-worth by sharing their lives with staff and other community members.

(<http://www.helpguide.org/articles/relationships/>).

Make sure to take advantage of all the activities St. Monica’s offers, its’ good for your health!



Love is in the Air

By Loretta Baxter, RN, Administrator

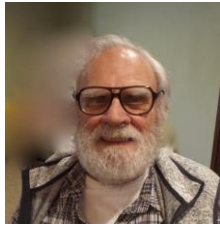
During February, we celebrate Valentines’ Day, recognizing the various individuals in our lives that we love and cherish—spouses, parents, children and dear friends. It is appropriate then to discuss the importance of relationships and socialization in our lives. Many studies have proven that socialization is important to all of us no matter whether we are young or older.

Lack of social support negatively influences our health and well-being. Having a variety of positive social supports can contribute to psychological and physical wellness. Support from others can be important in reducing stress, increasing physical health and defeating psychological problems such as depression and anxiety.

At St. Monica’s there are a number of ways to increase socialization such as meal time conversations with table mates, daily exercise class and special groups such as reminiscence, bingo, quarterly tea celebrations, dances, singing groups, and the baking club, just to name a few.

Continue on back page.

Welcome to our newest community member!



Frank Miller, room 9 made the decision to join our community after his wife passed away in November. He was born on a farm in Kenosha County, but attended Holy Name grade school in Racine. He graduated from St. Catherine's HS and went on to get a degree as a mechanical engineer from Marquette University. He also got his MBA from Marquette and a Professional Development degree from the UW-Madison. He worked for Dupont Atomic Energy Commission in Paris, Illinois, and then later at Johnson Wax in Racine. He went on to work for the Kendall Co. in Barrington, IL, and eventually retired from Baxter Health Care. Frank was a member of the Racine County Board of Supervisors for 22 years, representing the 5th and then the 15th District. He was also campaign manager for Racine County for former governor, Lee Sherman Dreyfuss. He has eleven living children, one of whom lives close by and the others are scattered throughout the country. He is a member of St. Paul the Apostle Catholic Church. He plays sheephead (he likes to win!), and enjoyed hunting up north, and fishing in Alaska and Canada. Welcome to St. Monica's, Frank!

TRANSITIONS

Sympathy

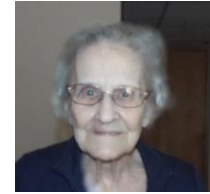
Evelyn Holtz
Lyman Larsen
Elaine Zlevor

Farewell

Hospital/Rehab

Bev Hagen
Margery Mullikin

Welcome to our newest community members!



Kathleen LeRoux, room 15, is a new member of our community. She is called Kathy. She says she was born and raised in Racine, went to Catholic grade school and graduated from St. Catherine's High School. Prior to joining us here she lived in Fountain Hills Apartments. Kathy says she never worked outside of the home since she married soon after high school and then had a busy life raising her family of five children. Three of her children live in this area and are able to visit often. While her husband was living, they enjoyed traveling to Upper Michigan, his family home, so that he could take part in hunting and fishing. She has always loved to read and will read most anything. She also likes to do crossword puzzles and spends time watching tv. She is a member of St. Lucy's Catholic Church and is very happy to be able to go to mass here whenever she chooses. Welcome to St. Monica's, Kathy!



Robert "Bob" Zenisek has moved into apartment 49. Bob was born and raised in Chicago, graduated from high school there and then went on to the University of Illinois to study business management and become an electrical engineer. He worked for large companies and was fortunate to be able to travel extensively as part of his work. He says he was all over Europe, and saw part of Asia and the Philippines'. Bob has one daughter who lives here in Racine. He also has twin granddaughters, two great grandsons and one great granddaughter. During his younger years he was a ham radio operator, and also excelled at woodworking. He has some furniture in his apartment, which demonstrates his handiwork. Bob enjoys reading the newspaper and magazines, and he will be checking out some of the activities too. Welcome to St. Monica's, Bob!

Welcome to our newest community members!



Ruth Breckenridge is living in apartment 35, prior to this she lived in her own home near the zoo here in Racine. Ruth was born in Illinois and graduated high school in Rockford. After graduating she went on to office work at Case Company in the payroll department. When her husband was transferred to Case in Racine, they moved here and then raised their family here. Ruth has a son and daughter who live here in Racine and five grandchildren as well. She is a member of Second Presbyterian Church. She enjoyed square dancing, bowling, and playing sheephead. She was able to travel extensively with good friends, visiting Australia, New Zealand, Alaska and Hawaii. Ruth enjoyed yardwork and says she has beautiful roses every summer. Welcome to St. Monica's, Ruth!



Mary Barrows, room 64, has come to live at St. Monica's from her previous home at Fountain Hills. She says her daughter, Kathy, helped her with the decision to come to St. Monica's because they liked the many activities that are offered. Mary was born and raised here in Racine. She has been a member of St. Lucy's Church her entire life. That is where she made her First Communion and where she was married. She graduated from Park HS and from the UW-Parkside. After college, she obtained a position with Johnson Wax doing research in new product evaluation. She says she loved her job and she stayed there until she retired. Mary is a talented photographer and has some of her work hanging on the walls of her room for her visitors to enjoy. She was fortunate to be able to do a lot of traveling and has been to Europe five times. She often traveled with her granddaughter and on their last trip together; they visited China, Japan, Thailand, and Malaysia. Welcome to St. Monica's, Mary!

Welcome to our newest community members!



Robert "Bob" Jutrzonka, room 24, joined us during January. Bob has lived in the Racine area most of his life, although he was born in Oak Creek and graduated from high school in South Milwaukee. He started his working life on the family dairy farm, but that was interrupted when he was drafted into the military in 1952. Once he was drafted, he chose to be a Marine so that he could go to boot camp in California where the weather was warm! After a few months, Bob was needed back on the farm so he returned to Yorkville to help his Dad. Besides farming, he did factory work and eventually retired from Toledo Scale Company in Franksville after working for them for 37 years. In his spare time, he enjoyed working in his yard, and, of course, watching the Packers on tv. Bob has five children, three who live in the Racine area and two who live in Indiana. He is a member of St Robert's Catholic Church in Union Grove. Welcome to St. Monica's, Bob!



Nina Tavora, is new to our community and lives in room 65. Nina was born in Honduras, but acting upon the advice of a friend of her fathers, she went to the University of Wisconsin in Madison to get her degree in education. She then went on to get a Masters degree in bi-lingual education in Miami, and taught high school English. Her husband was in the United States Foreign Service so they lived throughout the world. She says she enjoyed learning languages and meeting people and that has been her life. She has one daughter and two sons, and is a member of St. Sebastian Church n Kenosha. She enjoys reading, and arts and crafts. Nina is friendly and outgoing, and looks forward to making new friends here in her new home. Welcome to St. Monica's, Nina!

Caught you Caring!

This month's recipient for our Caught you Caring award is **Teena Rogers**. Teena has worked for St. Monica's for six years and is one of our LPN's. A family member stopped Loretta and said that she was so impressed and moved to tears at how compassionate Teena was in dealing with a community member. She said, "That these are not just jobs but a ministry to these nurses." She went on to say that, "there is no better place in Racine to be if you are 97 years old and need help..."

In her spare time, Teena likes to watch her three children play sports and cook for her family and friends.

Three cheers for Teena!



St. Monica's welcomes Sister Vineeta (left) and Sister Karuna (right).

Both Sisters are from India. They were approached and asked to transfer to St.

Monica's. Both Sisters do speak English and are very friendly. They love to laugh and listen to our stories. They are not quite brave enough to walk in the snow yet, but they think it is very pretty.

Sr. Vineeta and Sr. Karuna are nurses, but will be CNA's in the Memory Wing once they become a bit more acclimated to our culture. In the meantime, you will see them helping and volunteering around St. Monica's. Please take a moment and introduce yourself, they will relish the opportunity to meet you.



Passion Play: Actors Needed



It is time again to recruit people for our Passion Play. There are **no speaking parts**; rather we have a narrator who takes us through the Stations of the Cross. The participants enact each station of the cross. Please see Sr. Clare if you are interested in helping with this play. Practice is held once a week, until Good Friday when the Passion Play is enacted.




Calling all bakers, we are hosting a bake sale February 9th in the main entrance.

Proceeds go toward outings for our community members. Please see Shannon if you are interested.



It has been two months since we opened our doors to the Memory Care Wing. We have settled into a nice routine and are looking forward to outings, as the weather allows. We are combining our outings, so dine out and movie outings usually are at the same date and time as listed on the main calendar. Jayne is doing a great job of keeping everyone entertained. She is requesting more dog and children visits. Therefore, if you have a canine friend you think would be a good fit, or you have children or grandchildren you love to showoff, please contact Jayne at 631-3020 ext. 252.

If anyone would like a tour of the Memory Wing please let Joan know and she will be happy to schedule a tour.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Nails 10:30 Lutheran Church 10:30 News & coffee 1:00 Bingo 1:00 Lend a Hand 2:30 Snacks /Nancy 3:00 Myrasized 6:00 Wheel of Fortune	2 Ground Hog Day 9:30 Exercise 10:30 Marian Group 11:00 Piano/Jana 1:00 Current Events 2:00 Novices visit 3:00 Adoration 6:00 Movie: Ground Hog Day 	3 9:30 Exercise 10:00 PAC Class 1:00 Chair Yoga with Cindy 2:00 Farkle w/ Josie 4: Fatima Rsry 6:00 Perry Como & Shirley
4 Super Bowl Sunday!! 8:30 Mass 10: High Low game w/John 1: Football trivia 2:30 Cards 5: Super bowl Kickoff w/ Don 	5 9:30 Exercise 10:00 Kirby Visits 10:30 Faith share 1:00 Bowling 2:00 Candy Making w/Julie 3:30 Dice games w/ Lois	6 9:00 Mask making 10:30 Good Ol'Days 11: Douglas Diner 1:00 Bingo 2:30 Chair Aerobics w/ Pietta 3:30 Dice Games 6:00 TCM/snacks	7 9:00 Sheepshead 9:30 Balloon Fun 10:30 Card Playing 1: Giant Crossword 1:30 Prayer Shawl 2: Facials in Spa 2:30 Love songs with Charlie 6:00 Bingo w/Kathi	8 9:00 Nails 10:30 Methodist Service 10:30 News & coffee 1: Mending w/ Mary 1:00 Bingo 1:00 Lend a Hand 2:30 Snack making with Jeff	9 9:30 Exercise 10:00 Sparks 10:30 Marian Group 11:00 Piano/Jana 1:00 Laverne Sings 2:00 Novice Group 6:00 AFV in Living Room	10 9:30 Exercise 10:00 Library 1:00 Youths from the Vol. Center and their crafts 6:00 Jeff's pick movie night and snack time
11 8:30 Mass 10:00 Bingo with Colleen 2:00 Musical Memories 5:00 Choice games w/Ann	12 9:30 Exercise 10:30 Res Mtg 1:00 Bowling 2:00 Fudge Makin' w/ Lil & Jerry 3:00 Cards with Josies	13 9:30 Nails 9:30 K-mart Outing Club 10:30 Reading Club 2:00 Mardi Gras w/ Frog Water  2:00 Dr. Pothen 5:00 History of New Orleans	14 Ash Wednesday 9:00 Sheepshead 9:30 Balloon Fun 10:30 Love Stories 1:30 Prayer Shawl 2:30 Kick Ball 6:00 Valentine Bingo w/Kathi 	15 9:00 Painting 10:30 Lutheran Church 1:30 Birthday Bingo 3:00 Bible Study 3:00 Myrasized 3:45 Sing a long	16 Chinese New Year 9:30 Exercise 10:30 Marian Group 11:00 Piano/Jana 1:00 Current Events 2:00 Chinese Tea Party  6:00 Travel to China	17 9:30 Exercise 10 Chili cook off 1:00 Bingo w/ Mary and Bob 2:30 Get beaned 6:00 Movie and snack time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 8:30 Mass 1:00 Beading with Doris 2:00 Baking club 3: Movie time	19 9:30 Exercise 10:30 Play Practice 1:00 Bowling 2:30 Bean Bag Toss 3:30 Time Slips	20 9:30 Watercolors 10:30 Reminisce 12:00 Dog Visit 1:00 Bingo 1:00 Movie Outing 2:30 Travel to Hawaii w/ Nikki	21 9:00 Sheepshead 10:30 Wii Games 1:00 Western Time 1:30 Prayer Shawl 2:30 Kathy and her accordion 6:00 Bingo w/Kathi	22 9:00 Nails 10:30 Methodist Service 1:00 Bingo 1:15 Lend a Hand 3:00 Myrasized 5:15 Cards w/ John	23 9:30 Exercise 10:30 Marian Group 11:00 Piano/Jana 1:00 Current Events 2:00 Novices visit	24 9:30 Exercise 3:00 Heidi – the movie Shirley’s pick 6:00 Card playing
25 8:30 Mass 10: shutbox 12:30 Dice Games 2:30 Charlie’s tickles the ivories	26 9:30 Exercise 10:30 Faith share 1:00 Putting 2:30 Stories w/ Jessie 3:30 Records & coffee 6: Benny & Jack	27 9:00 Painting 10:30 Reminisce 1:00 Bingo 2:00 Dr. Pothen 2:30 Chair aerobics 6: Dick Van Dyke	28 9:00 Sheepshead 9:30 Balloon Fun 10:30 Play Practice 1:00 Kerpluck 1:30 Prayer Shawl 2:30 popcorn/movie 6:00 Bingo w/Kathi	<u>Daily</u> 8:30 Mass 9:00 Coffee 10: Game Shows 10:30 Gen. Store 4:00 Rosary 6:00 Cards	<u>Anytime Activities</u> Dakim Computer Puzzle Making Libraries Internet Music Serenity	



FEBRUARY BIRTHDAYS

RESIDENTS

Don Jenders 2/12

February Birthstone – Amethyst

February Flower – Violet

STAFF

Joey Jaklich 2/4

Thalia Matsen 2/5

Mary Armstrong 2/6

Marvin Wilson 2/8

Latyra Williams 2/12

Val Bernal 2/14

Mariah Bostick 2/15

Michael Lewis 2/20

Loretta Baxter 2/22

Ta’Quazia Berryhill 2/29

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

