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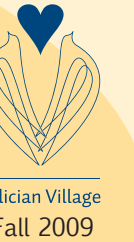
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For more information or a tour of Felician Village, call (920) 684-7171, ext. 361.

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active lifestyles



Felician Village
Fall 2009

Preventing falls in the home

Falls are equal-opportunity offenders

Have you had a fall or know someone who has? You're in good company. Falls are equal-opportunity offenders: they strike everyone, including the rich and famous (Fidel Castro, Nancy Reagan and Kelsey Grammer are famous fallers).

Falls can result in hip fractures, head injuries or even death. In many cases, those who have experienced a fall have a hard time recovering and their overall health deteriorates. The good news is that with adequate knowledge, falls can be prevented:

Begin a fall-prevention plan by making an appointment with your doctor. You and your doctor can take a comprehensive look at your environment, your health and your medications to identify situations when you're vulnerable to falling.

If you aren't already getting regular physical activity, consider starting a general exercise program. Try activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce your risk of falls by improving your strength, balance, coordination and flexibility. Be sure to get your doctor's OK first.

Consider changing your footwear. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet.



Take a look around you — your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with booby traps. Clutter can get in your way, but so can the decorative accents you add to your home.

Keep it lighted.

As you get older, less light reaches the back of your eyes where you sense color and motion. So keep your home brightly lit with 100-watt bulbs or higher to avoid tripping on objects that are hard to see. Don't use bulbs that exceed the wattage rating on lamps and lighting fixtures, however, since this can present a fire hazard.

Use assistive devices. Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too, to make everyday tasks easier.

Healthy holiday eating tips

It's no secret that holiday celebrations involve foods that are high in fat, sugar and calories and short on nutrition. Even though research states that the average weight gain over the holidays is only 1-2 pounds between Thanksgiving and New Years, the problem is that AFTER the holidays, that 1-2 pound weight gain is not lost, resulting in a 10-20 pound weight gain in 10 years!

However, according to Felician Village Registered Dietitian Suzi Zipperer, just a few minor changes can make the holidays fun, delicious and nutritious.

- **Focus on portions.** You can still eat all of your favorite holiday dishes, but in smaller portions
- **Eat a snack or light meal prior to a holiday party.** Look for snacks higher in protein and fiber to fill you up. Try a sliced apple with peanut butter or cottage cheese with high-fiber crackers. This can prevent over-eating at the party.
- **Balance meals with fresh fruits and**

vegetables. Don't forget to include some healthier foods at all meals.

- **Visit with people** - talk, mingle. Talking slows your eating and helps you recognize when you are full.

Additionally:

- Choose leaner cuts of meat for your holiday gatherings whenever possible.
- Eat more vegetables, which contain little or no fat.
- Make gravy from a low fat broth rather than the drippings from poultry or a roast.
- For dessert, try healthier alternatives such as angel food cake.



Alzheimer's: "Forgetting Piece by Piece" Quilt Exhibit at Felician Village

November is Alzheimer's Awareness Month. On November 13 from 10 a.m. – 6 p.m. and November 14 from 10 a.m. – 4 p.m. Felician Village will be hosting a traveling art exhibit called *Alzheimer's: Forgetting Piece by Piece*. This exhibit features 52 extraordinary art quilts from 30 states about Alzheimer's disease and is traveling throughout the United States. The artists offer poignant interpretations of the Alzheimer's experience in fiber, including images of an existence stripped of memory and learning; gritty illustrations of the anger, frustration, and stress of care-giving; beautiful tributes to loved ones taken by Alzheimer's; and the anticipation of a future cure. Each artist statement is paired with a fact about Alzheimer's. The exhibit will be in the Village Square at Felician Village located at 1635 S. 21st Street, Manitowoc. Cost of admission is \$5. For more information, please call (920) 684-7171, ext 317.

Active Lifestyles is a publication of Felician Village, a senior community celebrating active lifestyles.

Therapy can help return independence

Change is in the air!

Soon the leaves will be changing and the start of a new season will begin for yet another passing year. Exciting changes are also happening around the Felician Village campus. The new addition of the *Next Step* household and Village Square, as well as the demolition of the old St. Mary's wing, bring a new view.



With all the change in the air, it is a good time to reflect on what is changing in your life and home as well. Changes naturally occur with age. Some are more welcomed than others. Thoughts such as, "I can't walk as well as I used to." ... "Lately, my back and hip have been bothering me more." ... "It takes 5 minutes just to put my sock on." ... "My memory sure isn't what it used to be." ... are exactly the words that the therapists need to hear to help you return to your prior level of independence.

Felician Physical Therapy Assistants Jenny Berkey and Heather Jergenson work with people at the nursing home, the Villa, and they see people right in their homes at the Gardens. They serve the general public, too, through outpatient services. They work with balance, leg and back pain, and strengthening to get folks back to walking safely both inside and out.

"Sometimes changing the way you do things can make life so much easier," says Heather Bleier, OTR. "With the use of a variety of adaptive equipment, you can get back to doing daily activities

in a safer and easier way."

Occupational Therapists such as Heather or Tiffany Kinzel, and Pat Foelske, COTA, teach the use of a reacher, sock aide, and other devices to make day to day things like dressing, showering, shopping, and even gardening easier and safer.

Gail Whitlock, Speech and Language Pathologist, helps people with more difficult changes that occur. She is able to help with cognition, such as thinking and memory skills, speech and voice changes that make it difficult to communicate. Gail is also certified in Vital Stim, a treatment that is used with some people who have swallowing difficulties.

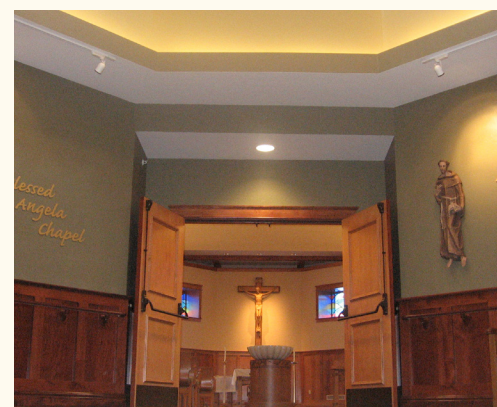
So as you reflect on the changes occurring around campus, pay attention to the changes that you may be experiencing at home. Remember that the therapy department at Felician Village is here to help you with these changes.

For information about therapy services, call 920-684-7171 ext. 288.

Cafe, market, clinic and chapel ... New Village Square opens at Felician

The Village Square Grand Opening celebration at Felician Village on September 17 was a unique event. Usually held after the completion of a building project, Felician Village held a grand opening for the opening of a new building even though the overall demolition and construction project is only about half completed. The grand opening was scheduled in alignment with the campus-wide theme, "Honoring the Past...Celebrating the Future."

The opening of the Village Square, which will serve as the hub of the repositioned campus, provided a time to reflect on the long history of caring that is a foundation of St. Mary's and the entire Felician Village campus. At the same time, this event marked that point in the project for people to look forward to the completion of all the building that will position Felician Village to serve Manitowoc County and the surrounding area for many years to come.



The Chapel in the Village Square

As the hub of the campus, there will be many services and amenities located in the Village Square. The Blessed Angela Chapel, Brain Health Resource Center, Village Cafe & Market and Village Hall are conveniently located on the main hallway. Our new salon, also located in the Village Square, provides



The new Village Square at Felician Village

beauty and massage services for campus residents, employees and the general public.

We are very pleased to have Holy Family Memorial's Lakeshore Family Medicine available in a new clinic within the Village Square. Gary Schmidt, MD, and professional staff are accepting appointments for campus residents and the general public.

While there is more to come in the Repositioning Project (see below), the Village Square represents the transition from the celebrated past to an exciting future of serving the elderly.

Honoring the past ... celebrating the future



In early November, the annual Gift of Care appeal will be mailed to approximately 12,500 households throughout Manitowoc County. This appeal asks people to join the Felician Sisters in their mission of caring by providing financial support to St. Mary's.

Our theme, "Honoring the Past...Celebrating the Future" reminds everyone of the 120 years of caring provided at St. Mary's and the need for the community's help to continue this important mission. Recognizing these are difficult times economically, your consideration of what you are able to offer this year would be appreciated by everyone at Felician Village, particularly the long-term care residents living at St. Mary's.



Repositioning Project update

There is still a lot of work to be completed at Felician Village in the next year. At this time, the older portion of St. Mary's is being demolished to make room for the new St. Mary's long-term care households. Once those four 16-bedroom households are completed early next fall, the residents living in The Towers will move into the new St. Mary's. Then it will be time to demolish The Towers. During that time, a 16-apartment addition will be added to The Court, the Residential Care Apartment Complex. Once all the buildings are completed, enclosed walkways will be constructed to attach all the major buildings on campus. The final phase of the project will be landscaping to put the final touch on a 2 1/2 year, \$20 million dollar project to make Felician Village a gem in senior housing.

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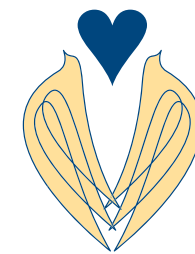
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thank you

thank you!

**St. Mary's at Felician Village
 Donor Recognition**

January 2008 through September 2009



Felician Village

Since January 2008, St. Mary's has been blessed with charitable contributions from many individuals and companies in support of our "Crossroads of Compassion" fund raising program.

This campaign was initiated to educate the public and invite them to partner with the Felician Sisters in support of our residents, specifically the residents in St. Mary's, our long-term care facility. We are pleased and grateful to take this opportunity to recognize the compassion of those individuals and the generosity of those companies who have accepted our invitation for financial support.

Levels of Recognition

Diamond	\$25,000	Gold	\$1,000
Emerald	\$10,000	Silver	\$500
Platinum	\$5,000	Bronze	\$100
		Honor Roll	up to \$99

* Endowment Fund Donor

The Donor Development Department strives to produce this Donor Recognition Report without errors or omissions. If we inadvertently made a mistake, please let us know so we can make an immediate correction. You can contact us at 920.684.7171, ext. 363 or email tschinker@felicianvillage.org

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Many people have made a charitable contribution to St. Mary's as a way to memorialize or honor a loved one. In most cases, the memorials are given at the time of a person's death, but they can be made at any time afterwards. Contributions can also be used to honor a living person. This form of recognition is often done for a birthday or wedding anniversary but can be used for any occasion to honor another person. Those donors and the person being memorialized or honored are listed below.

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