



Felician Village

The Gardens Gazette

The Resident Newsletter of The Gardens

1700 South 18th Street Manitowoc Wisconsin 54220-5652
www.felicianvillage.org

January 2011

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Coming Soon to Felician Village: Holy Family Memorial Audiology Services

Do you strain to understand a conversation and often ask people to repeat themselves? Do you feel that people seem to mumble? Do you have trouble hearing when there is noise in the background? Do people complain that you turn the TV volume up too high? Do you have trouble hearing on the phone? If you answered YES to any of these questions you may have a hearing problem.

Felician Village and Holy Family Memorial are excited to announce that Dr. Erin McCarville-Ciseski of Holy Family's Lakeshore Ear, Nose & Throat will be seeing patients at the clinic at Felician Village on **Friday's beginning February 4, 2011 from 1:00 - 4:00 p.m.**

Dr. Erin is experienced in pediatric and adult hearing evaluations and fittings, as well as vestibular testing, which consists of a number of tests to determine if there is a problem with the vestibular (balance) portion of the inner ear.

Hearing loss is one of the most common conditions affecting older adults.

According to the National Institute on Deafness and Other Communication Disorders, one in three people older than 60 and half of those older than 85 have hearing loss. Hearing problems can make it hard to understand and follow a doctor's advice, to respond to warnings, and to hear doorbells and alarms. They can also make it hard to enjoy talking with friends and family. All of this can be frustrating, embarrassing, and even dangerous.

Hearing problems are serious. The most important thing you can do is have your hearing tested by an audiologist, a skilled professional who specializes in the prevention, identification and management of hearing and balance problems. An audiologist will also help find the right treatment for you, which could include hearing aids, a personal listening system, TV listening devices, or a telephone amplifying system.

Please call 320-4380 to schedule an appointment with Dr. Erin at Felician Village.

Resident Meeting

Do you want to stay informed on what is happening at The Gardens and on the rest of the campus? Then plan to attend the the resident meetings each month!

Each month updates are given by various staff members to the residents and the residents also have a chance to talk to management one on one. The past few resident meetings have been well attended and residents have given great feedback to management. We encourage all residents to attend to stay informed.

The next meeting will be held on Tuesday, February 15, 2011 and will be held in the Glab Lounge at 10:15 a.m. If you have any items you would like to add to the agenda, please see Jennifer Meyer. Hope to see you there!

A Little About Me

Lauri Trad



Hello all. I'd like to introduce myself. My name is Lauri Trad and I will be filling in for Jennifer Collins and

Lisa Hagenow while they are on maternity leave. I wish them both the best! They have been wonderful and patient training me until that big day finally arrives. I feel blessed to have this opportunity to serve the residents and families of Felician Village and to get to know the staff better. Just in my short time here, I can see this is a top-of-the-line, state-of-the-art facility. This far surpasses any facility I have worked at in amenities, operations, procedures and the overall culture in general.

A little about me...I have worked in the long-term care industry for approximately 26 years. I started as a volunteer in the summer of my freshman year of college in the Activity Department at Lasata Nursing Home in Cedarburg. I loved it! I

was hired shortly after that as an Activity Aide, and then promoted to Volunteer Coordinator. I achieved my National Certification as an Activity Director and was offered a position in Sheboygan and worked at Sunny Ridge Health & Rehabilitation Center for the last 19 years. Working in this industry I have seen many changes and experienced many challenges but this has been the most rewarding career I could have ever asked for. Not one day have I regretted my profession.

On the personal side, I am a single mother of a son who is the pride of my life. He is a graduate from UW Eau Claire and is in his 3rd year of teaching grades 1-4 Special Education in a school in the heart of Chicago. He will earn his Masters Degree in May. I live in Sheboygan and have two dogs-Shelties. I love to garden, vacation to warm places, enjoy art, music and dancing. My guilty pleasure is watching Reality TV.

I thank you for allowing me this fantastic opportunity to grow and learn and I hope to meet all of you personally at some time during my stay.

The Gardens Book Club

**Current Reading Selection: *The Time Traveler's Wife*
by Audrey Niffenberger**

Next meeting: Monday, March 21 at 2pm in the Glab Lounge

Call 684-7171, ext. 255 for more information

President's Column



We are now beginning our budgeting process for 2011-12. While it may seem that this is solely a financial process, as a Catholic sponsored organization, much more is involved. Mission is a driving force in the process.

In a recent publication from the Catholic Health Association, Sr. Patricia Talone, RSM. PhD, explained that the process is not mission vs. margin; it is not a choice between the two. Talone wrote that, "While engaging in the budgeting process, the organization states its mission; takes stock of its fiscal, human, and community resources; and makes straightforward and difficult decisions in light of these two realities." This statement represents the meaning behind our philosophy, Resident Firstsm. More simply stated, we evaluate our decisions, especially those related to the use of our resources, by asking, "How will this decision affect our residents?"

Our entire budgeting process is based on the need to serve our residents with compassion, respect and dignity. All of us on the administrative team are committed to developing a budget that will allow us to carry on that mission to be best of our ability with the wisest use of the resources available to us.

Senior Matters Schedule



Have you been tuning in weekly to "Senior Matters"? Mark McLaughlin,

Director of Marketing & Donor Development, hosts the half-hour, program airing every Tuesday from 11:30am to noon on WOMT, 1240 AM.

- ◆ February 1: Wayne Wildman - Manitowoc Symphony Orchestra's upcoming concert
- ◆ February 8: Karen Valenta-Benefits of Massage Therapy
- ◆ February 15: Guest and topic to be determined
- ◆ February 22: Dr. Erin McCarville-Ciseski - Audiology

Upcoming guests and topics include:

Wellness Series Offered

A series of presentations focusing on health and wellness is currently being offered monthly at The Gardens. The series features guest speakers from various health care facilities who present on topics such as preventing falls, arthritis prevention, audiology and chiropractics etc..

The series offers opportunities for residents and employees at Felician Village as well as community members to be educated on different topics regarding their health and wellness.

The following are the dates and titles of the presentations:

- * February 22: "Stretching for Life" presented by Felician

Village physical therapist
Kathy Henderson

- * March 17: "Arthritis and Knee Replacement" presented by Dr. Kirk Dimitris
- * April 11: "Looking Inside Your Heart" presented by Michael Wellner
- * May 17: "Exercise" presented by Kathy Henderson, PT.

All presentations are free, open to the public and will be held in the Glab Lounge from 1:30 p.m. to 2:30 p.m. Seating is limited, registration is required. For more information or to register, please call 684-7171, ext. 255.

Body Mechanics for Good Health

Kelly Ullmer, OTR

Body mechanics refers to the way we move during every day activities. Implementing good body mechanics may prevent or correct postural problems. Using good body mechanics is important for everyone.

Correct body position helps protect your back and allows you to use your body in a safe way. Since your spine travels down the center of your back it will give your back stability and control its movement. Injury to the spine may cause problems such as loss of feeling, movement and strength.

When standing:

- * Wear good fitting shoes. Not only do they protect your feet, they give you a firm foundation and keep you from slipping.
- * Keep your feet flat on the floor about two inches apart.
- * Stand with your back straight.

When carrying an object:

- * If an object is too heavy, ask another person to help you.
- * Hold the object by putting your hands around it.

- * Keep your knees bent and your back straight when you lift the object using your arm and leg muscles - not your back muscles.
- * Hold the object close to your body.

When sitting:

- * Sit on a hard chair with a straight back.
- * If you sit for a long time, raise one leg higher than the other to help keep from getting tired.
- * When you are driving, adjust the seat to a comfortable distance to the wheel. Sit back in the seat so your knees are even with the seat.
- * Do not sit for long periods. Get up and change positions.
- * Adjust the monitor of your computer so that the top is at the same level as your eyes.

Incorporate proper body mechanics into your life to protect your back and organs. If you have any questions about this article please contact the Therapy department at Felician Village, 684-7171, ext. 288.

Mission: Felician Village continues the healing ministry of Jesus by providing compassionate care that respects the dignity of each person we serve.

Values: Dignity of Person

Compassionate Service

Justice

Responsiveness to Need with Commitment to the Poor

Transformation

Pearl of Wisdom

“Love thy neighbor is a precept which could transform the world if it were universally practiced.”

Mary McCleod

Bethune

American Educator

Contact Info

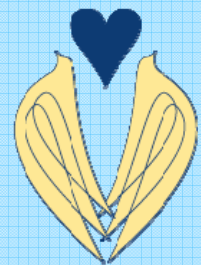
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Felician Village

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Felician Sisters