



Felician Village

The Gardens Gazette

The Resident Newsletter of The Gardens

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www.felicianvillage.org

December 2010

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Resident Surveys Completed

By December 31, all the data from completed resident surveys will be tabulated and available for analysis by the administration team. The results are compiled from questionnaires and completed and returned by residents of The Gardens and The Court, and family members of residents living in The Villa or St. Mary's.

Brenda Georgenson, QI Coordinator and Mark McLaughlin, Director of

Marketing, will review the results and prepare summary reports from the data available electronically. The entire admin team will then analyze the data to determine where we are performing the best and where there is room for improvement. Using the results of the data analysis, the directors will write action plans to make improvements wherever necessary. These plans will be implemented over the next few months.

Temporary Help in Life Enrichment and Brain Health

Jennifer Collins, Life Enrichment Coordinator, and Lisa Hagenow, Brain Health Coordinator, will both be taking maternity leave in the near future. Lauri Trad, who is a certified activity director, has been contracted on a limited time basis to fill in for both Jennifer and Lisa. Lauri has over 20 years of experience and has worked most recently at Sunny Ridge

Health & Rehab Center in Sheboygan and Lasata Health Care Center in Cedarburg before that. She will begin working at Felician Village on January 4. This is before either Jennifer or Lisa is scheduled to start maternity leave so that Lauri can learn from them about the responsibilities of both departments.

The Gardens Book Club

Current Reading Selection: Snow Flower and the Secret Fan by Lisa See

Next meeting: Monday, January 17 at 2pm in the Glab Lounge

Contact Jennifer Collins for more information: 684-7171, ext. 255

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, January 18, 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!

Felician Village Welcomes New Donor Development Coordinator

Felician Village is pleased to welcome Renee Thompson as the new Donor Development Coordinator.



Renee’s main responsibilities as Donor Development Coordinator will be developing relationships with potential major donors to secure significant donations to establish a planned giving program so that Felician Village, specifically St. Mary’s, is included in people’s estate plans and wills. Renee will also coordinate other donor development

projects including annual giving and fund-raising events.

Prior to accepting the position at Felician Village, Renee had been working as a Philanthropy Officer for a hospital in Florida. Prior to that she worked with a business and life coach, worked for a Chamber of Commerce, worked in retail sales and also worked in the aerospace industry where she held a position in business development and customer relations. Renee grew up in the area, attended local schools and graduated from UW-Madison

Please welcome Renee in her new role!

Open House at The Court



On Saturday, January 15 from 10am – 2pm there will be an open house at The Court. The open house will provide an excellent opportunity for people to see what living at The Court actually means.

Our guests will get a tour of The Court so that they can see the apartments. They

will also receive a tour of The Village Square so they can see all the other services and amenities that are a part of living at Felician Village: Village Cafe, Blessed Angela Chapel, Lakeshore Family Clinic, etc.

If you know of anyone who is interested in The Court, please encourage them to attend the open house.

2010 Gift of Care

The Gift of Care annual appeal is well underway but early returns are behind last year at this time. If you are able but haven’t made your donation, please do. Remember, any amount helps. You can

in many various ways. To find out how you can donate, please contact Donor Development directly.

Please contact Donor Development if you have any questions.



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. Upcoming guests and topics include:

- ◆ January 11: Dr. Mark Boutros - Danger of obesity
- ◆ January 18: Susan Vocke & Michelle Moldenhauer - Volunteer opportunities for seniors
- ◆ January 25: Capt. Rachel Stuoder - Programs available to seniors

- ◆ January 4: Jon Danforth - Recent tax law changes

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 on the campus 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:

- * January 20: "Hip Arthritis" presented by Dr. Kirk Dimitris
- * 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 Jennifer Collins at 684-7171, ext. 255.

It has been an exciting and rewarding year at Felician Village and we're already planning for 2011. Other than some landscaping that will need to be completed in spring, the Repositioning Project is completed. This project has set Felician Village apart as an outstanding example of design to meet the needs and expectations of our residents.

All of the time and effort our employees committed to following policies and procedures throughout St. Mary's was rewarded by very positive state survey results. This was not accomplished by chance. I am well aware that all our employees are making a continuous effort to quality improvement. This is our Resident Firstsm philosophy in action.

In preparation for the 2011-12 fiscal year, which begins July 1, we are in the progress of a campus-wide operational assessment to be sure we are all working as effectively and efficiently as possible to meet our mission. The assessment will conclude with a revised strategic plan in February and new budget by June 2011.

So much has been accomplished and we are well into our planning for the coming year. I am sure 2011 will be just as exciting and rewarding.

Back Pain

Kelly Ullmer, OTR

The most common cause of back pain is lower back muscle strain. Other causes include back injury, osteoarthritis, osteoporosis, and bladder infections. Some backaches can be treated at home while others need medical attention.

How to relieve back pain:

- * Avoid any activity that causes the pain to increase.
- * Resting your back can help but, do not do this for more than 1 or 2 days because the back muscles can become weak if you don't use them. Use bed rest only if the pain limits your movement.
- * Put a pillow under your knees or lie on your side with your knees bent. This will take pressure off of the lower back.
- * When getting up from bed, move slowly, roll on your side, and swing your legs to the floor. Push up off the bed with your arms.
- * Cold treatment helps with bruises and swelling. Apply a cold pack to the painful area for the first 48 hours after the symptoms develop.
- * Heat can relieve muscle spasms. Heat can be used 48 hours after symptoms

have developed. If used sooner, heat can increase swelling and pain.

- * A back brace helps support your back and keep you from moving too much. They do not, however, make your back stronger.

Do's and Don'ts to prevent back strain:

- * Stand close to the thing you want to lift
- * Plant your feet shoulder width apart
- * Lift slowly letting your legs do the work
- * Get help with items that are too heavy for you to lift alone
- * Don't bend at the waist to lift objects
- * Don't twist your back when you're holding something

Your doctor may recommend physical therapy (PT) if your pain does not go away within a certain amount of time. PT can assist with pain management, muscle stretching, and muscle strengthening. The therapists in the Therapy Department at Felician Village are happy to answer any questions you may have. For more information, call 684-7171, ext. 288

Pearl of Wisdom

“Every day may not be good, but there’s something good in every day.”

Author Unknown

Contact Info

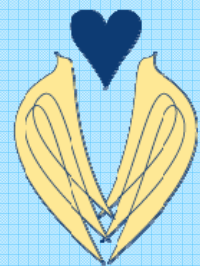
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www.felicianvillage.org



Felician Village

Sponsored by the
Felician Sisters

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