



Felician Village

The Gardens Gazette

The Resident Newsletter of The Gardens

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www.felicianvillage.org

January 2010

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At Your Service Update

Paul Kersten

The year 2009 was a very big year as it was the starting point of a new service/amenity being offered to our residents at the Gardens, **At Your Service**. **At Your Service** provides our residents at the Gardens with customized non - medical services aimed at providing the support and assistance that may be needed to keep someone independent and enjoying the lifestyle they want, while at the same time providing a sense of security that there is someone here to help and look out for them to residents and their families .

I am proud to report that during the past 11 months over 95 residents at the Gardens have accessed our services in one form or another, thus reinforcing that these services are needed and appreciated by those living here at the Gardens. For some residents **At Your Service** has been the difference between staying on campus and moving off; for others it has been the difference between being able to return home from the hospital and *Next Step* or not; for others it has meant companionship and avoiding loneliness; for others it has been as simple as someone to trim their

toenails, clean their apartment, take them to appointments, and someone to remind them to take their meds and check to make sure they are doing OK.

At Your Service can also be your contact point if you live at the Gardens and are interested in receiving therapy from our Therapy Department at the Village Square, or if you would like to set up a appointment to have an assessment done by Dr. Cameron Goetz in the Memory Clinic at the Village Square.

Whatever the request whatever the reason **At Your Service** has been successful as we are meeting our goals of helping people maintain their independence longer, improve their quality of life, reduce the strain on family, friends, and neighbors; and provide the sense of security that is important to the residents we serve. If you are wondering if there is something **At Your Service** could do for you or you would like more information about our services please give Paul Kersten, Resident Services Coordinator a call at 684-7171, ext. 405.

Calling All Sheepshead and Cribbage Players!

Are you interested in playing Sheepshead or Cribbage? Both groups are currently looking for more players!

The Cribbage group meets every Wednesday at 2pm in the Life Enrichment Center and the Sheepshead group meets at

2pm every Friday in the Life Enrichment Center.

If you are interested in attending either group, please contact Jennifer Collins at 684-7171, ext. 255.

Guard your identity!

Identity theft occurs when someone uses your personal identity, such as your name, social security number or credit card number, without your permission to commit fraud or other crimes.

There are many scam artists out there who do this. But if you understand their tactics, you can protect yourself:

- ◆ Don't give your bank account, social security or credit card number or ANY confidential information, to anyone who calls you.
- ◆ Beware of anyone who asks for cash or who wants you to wire money or use a courier service.
- ◆ By law, you never have to send money or buy anything to enter a sweepstakes or collect a prize.

If you've been a victim of identity theft please report this to your local police immediately.

Gift of Care Update

Mark McLaughlin

The 2009 Gift of Care campaign is coming to a close. Despite the poor economy, the donations are still coming in to support the care and services for the residents at St. Mary's. As of this writing, donations have totaled \$30,104.26. We still need to raise another \$2,100 to surpass the amount raised last year. Thank you to everyone who has already donated. If you haven't donated yet, please consider a donation.

A donation of any amount is still helpful!

Three employee donors were recognized for their contribution. Shirley Pozorski made the largest donation as of December 28. Shirley and two other employee donors picked at random, Gail Graff and Deb Kluba, each received a special parking space for one month

The Companions Program

The Companions Program is still in need of volunteers. There are currently ten residents enrolled in the program and only a few volunteers. The purpose of this program is to have volunteers matched with a resident on our campus to provide on-going companionship to them.

Anyone interested in being matched with a resident would be expected to commit one year to the program and to spend approximately three hours / month with the resident.

If you have questions regarding this, please contact Jennifer Collins at extension 255. The first step to becoming part of the program is to complete a volunteer application which can be picked up at the front reception desk of the Village Square. Once your application is completed, you will be contacted by Jennifer Collins to start the process of being matched with a resident!

Engage Your Brain Corner

Lisa Hagenow

Most people think that our brains lose power as we age, but that's not true! Our brain speed may slow down, but that often happens because we no longer challenge ourselves. There is evidence that the brain grows stronger, even physically larger, with regular use. Your memory can actually improve with age!

effective when they are enjoyable, continue to challenge you and are done on a regular basis.

Call the Brain Health Center for information about group sessions and individual activities: 684-7171, ext. 338.

Mind fitness exercises like reading, Sudoku, knitting and playing a musical instrument can help. They are most

(Source: Aerobics of the Mind, Marge Engelman)

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 next meeting will be held on Tuesday, February 16, 2010 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!

Residents Challenge Administration

It's all in good fun but administration is taking it seriously. Some of the residents from The Gardens think they have become quite skilled at Wii bowling. They said they needed some competition and challenged the administrative team to a bowling tournament.

The match will be held in the Glab Lounge at 1:30pm on Friday, February 5. All residents are invited to attend the match to see who really has the skill, the technique and the drive to take the crown. Cheer on your favorite team!

Repositioning Project Photo



The picture above is of the roof trusses being installed on the southeast household of the new nursing home. The picture was taken on January 21, 2010. Watch for more pictures in upcoming newsletters!

President's Column



Were you one of many people who experienced poor customer service during the recent holiday shopping rush? It seems that more and more people in the service industry are forgetting about the importance of customer service.

For me, it is one of the reasons I am so proud of Felician Village employees – I am constantly reminded by residents and their families of the commitment our employees have made to customer service. Most important is that our residents benefit from the dedication of our employees who follow our Resident Firstsm philosophy and exhibit our Service Excellence behaviors.

In this new year, a time for making resolutions, I ask all of our employees to join with me to make a renewed commitment to continue our focus on service to our residents. While we will complete the Repositioning Project later this year providing many new facilities, it is still the personal care and attention we provide our residents that sets us apart. We have been entrusted with their care so it is our responsibility and our privilege to provide our residents the high quality of life they expect and deserve.

Wishing you all the best in the New Year,

Keeping Your Mind Sharp as you Age

Kelly Ullmer

As you age your mental capabilities may weaken and slow down. Studies show that exercising both your brain and body on a regular basis can help keep your mind sharp as you grow older. Listed below are some ideas to help keep your brain healthy.

1. Brain gyms are computers that have puzzles, matching games, and other problem solving games. Studies show that you can keep your mind sharp by using a brain gym three times a week for 45 minutes each session. Our therapy team and Brain Health department on campus has a computer with a brain-gym system. If you feel like you would benefit from this, please call and let us know at the number listed below.

2. Eating eight servings of fruits and vegetables each day has shown to support a better memory and sharper cognitive abilities than those who do not.

3. Physical exercise is very important to brain health. A simple 20-30 minute walk three times each week can be very beneficial.

4. Board games that involve strategy such as bridge, Uno, Monopoly or any game that gets you thinking is great for your brain. There are also many video games that are brain-challenging and fun.

Having a hobby or working as a volunteer is not only good for your brain but, can also combat loneliness and improve self esteem.

Our Speech Language Pathologist at Felician Village specializes in cognition and memory. If you feel that your brain could benefit from any of our services related to your brain health, please do not hesitate to call us at 684-7171 ext. 288.

Pearl of Wisdom

“One kind word can warm the heart for three winter months.”

Japanese Proverb

Contact Info

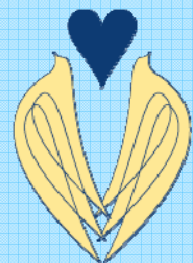
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Felician Village

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