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active lifestyles



Felician Village
Winter 2009

The top three ways to lower your risk

Preventing heart disease

1. Follow a heart-healthy diet.

Heart healthy eating is a very important component in the prevention of cardiovascular disease, yet many people do not eat healthy, according to Suzi Zipperer, RD, CD, dietitian at Felician Village. "This is mainly due to people's expectations that a heart healthy diet is bland and boring. But experimenting with herbs and spices can give heart healthy eating a whole new outlook by enhancing flavor and variety in meals." She recommends the following to start thinking heart healthy:

- Limit intake of trans fats and hydrogenated oils found in margarine, fast food, fried food, etc.
- Limit refined sugar intake from cakes, cookies and candy.
- Use extra virgin olive oil and garlic in cooking – they can lower cholesterol.
- Add Omega 3 Fatty acids to your diet – the best sources is fish oil

Adds Suzi: "Although starting to eat heart healthy can seem like an overwhelming task, making small changes in your diet can make a big difference in preventing disease. Start by replacing butter with canola or olive oil when frying, or try a handful of almonds instead



of that snack-size bag of potato chips. It is also important to know that you can still eat your favorite foods, but in moderation. Eating heart healthy should be looked at as more of a lifestyle change than a diet."

2. Exercise regularly.

According to Lori Bonin, PT, CTI, Director of Rehabilitation at Felician Village: "There are several choices that we make throughout each day that affect the health of our

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Two key dates coming up!

Repositioning project progressing



There are two key dates coming up related to the major building and demolition project on the Felician Village campus.

The first date is May 17, the occupancy date for the Villa, the 32 bedroom assisted living group home (Community Based Residential Facility). This is the date the construction management company, Berghammer

Construction, will turn the keys over to Felician Village.

The Villa will have two households; two distinct living areas with 16 residents in each. One of those households will be specifically for residents with early-stage dementia. The physical design and appearance of both households will be the same except that the dementia household will be secure for the safety of the residents.

The second date is July 24, which is the occupancy date for the

Village Square, the new hub of the Felician Village campus.

The Village Square will serve as the main entrance for St. Mary's, Next Step rehabilitation, outpatient therapy, Brain Health Resource Center, chapel, Village Café, Village Market, beauty shop, massage suite and administrative offices.

More information and dates will be announced within the next month about a specific opening date and celebrations for the Villa. The schedule for the opening date and grand opening celebration for the Village Square should be announced in June.

Felician Village plans open houses

Are you interested in learning more about independent living options for people 55 or better? The Gardens at Felician Village will be holding open houses Friday, April 24 from 3-6 p.m. and Saturday, April 25 from 9 a.m. - noon. You are invited to come to The Gardens at Felician Village, 1700 S. 18th St., Manitowoc, for a tour, information, refreshments and to register for door prizes.

The Gardens, which includes 1, 2, and 3 bedroom garden homes and apartments, is the independent living option at Felician Village. Included at The Gardens are dining services, exercise program, library with computers and Internet access, storage locker, and other amenities that make living at The Gardens an enjoyable experience. Underground heated parking is also available. For more information, please call 684-7171 ext. 361.

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

Preventing heart disease

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heart, including exercise and relaxation. Balancing them is possible and beneficial for everyone, regardless of your age or physical condition. Exercise does not have to be so strenuous that you feel exhausted the rest of the day. Instead, it should help you feel energized and revived.”

Before starting, she encourages people to check with their doctor first, wear proper clothing and proper footwear, find a companion or a class for guidance and encouragement, warm up and cool down to prevent injuries, and be consistent with your practice time. Most importantly, find an activity that you love, so you will look forward to engaging in it.

3. Lead a healthy lifestyle.

In addition to following a healthy diet and exercise regimen, you should also:

- Stop smoking and avoid secondhand smoke – both are major causes of heart disease.
- Limit your intake of alcohol. Excessive alcohol can deplete your body's supply of vitamins and other nutrients.
- Try to reduce stress and anxiety. They can lead to high blood pressure and other health conditions.
- Keep your weight within recommended limits. Obesity is a leading cause of heart disease.

Know the signs

The most common sign of a heart attack is chest pain or discomfort that can feel like pressure, squeezing, fullness or pain. It can be mild or severe.

Heart attack pain can sometimes feel like indigestion or heartburn. Other common signs to watch for include:

- Upper body discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath
- Nausea
- Breaking out in a cold sweat

If you experience any of these symptoms or think you are having a heart attack, call 9-1-1 immediately!

Honoring the Past ... Celebrating the Future



Recognizing that there are mixed emotions about leaving the history and memories of an old but familiar building and moving into a new building, a task force was formed at Felician Village to help employees through the transition. Based

on the theme “Honoring the Past - Celebrating the Future,” the task force has planned events and activities for each month from December 2008 through July 2009.

In the months before February, employees received a post card with a photo of the main St. Mary's Home building. This photo was selected because it shows the building that will be the first to be demolished in preparation for a brand new St. Mary's. An announcement was published in the *Herald Times Reporter* just prior to Thanksgiving thanking all residents, their families, employees and volunteers for their support of Felician Village. Each employee received a Christmas ornament with the theme printed on it.

For a New Year's celebration, employees were treated to cake and ice cream along with non-alcoholic champagne served by the administrative team. For February, words and phrases related to our mission, services and the repositioning project were printed

on pink, red and white paper hearts and displayed in buildings throughout campus.

In March the topic is “Going Green” as a sign of hope, springtime and new life. It also reflects the focus on going green in regard to the eco-friendly technology utilized in the current building project and facilities. Also, for a donation of \$2, green leaves will be sold and placed on a “tree.”

The proceeds will be used to purchase a beautiful tree to be planted on our campus in honor of the dedication and love of Felician Village employees.

Upcoming months will bring a project involving Easter eggs, and May's project will relate directly to the opening of the Villa, our new 32 bedroom assisted living group home.

Felician Village offers Engage Your Brain class

Felician Village is currently holding a class called “Engage Your Brain” in the Glab Lounge at The Gardens at Felician Village, 1700 S. 18th St. The classes meet every Monday from 10 a.m. – 11 a.m. and are open to the public. The cost is \$4 per class. Every session is different so participants are able to attend every class or as they are able.

The class focuses on preventive brain health, including maintaining memory and mental acuity through mind fitness exercises, learning about nutrition and physical exercise, and incorporating opportunities for socialization as an important way to promote healthy aging. The class also incorporates the It's Never 2 Late computer system, a senior-friendly computer system that helps sharpen cognitive skills. Felician Village is the exclusive Manitowoc County provider of the It's Never 2 Late computerized mind fitness system. Call 684-7171, ext. 338, today to find out how you can receive your first class free!

Two fund-raising successes

Last year was a very successful year for fund development and more is planned for 2009. The Crossroads of Compassion Kick-Off Event held in September was a huge success. The attendance was nearly twice what was hoped for and the amount raised exceeded all expectations. With 180 guests in attendance, the message about the importance of community support for St. Mary's reached many people representing the community. The amount raised, \$175,000 in cash and pledges, will provide a significant benefit for the residents depending on the staff at St. Mary's for their care.

Following on the success of the Kick-Off Event, the Gift of Care annual appeal provided a second significant event in the fund development program. Even though people who donated through the Kick-Off Event were not solicited during the Gift of Care appeal, that program surpassed last year's total and raised over \$31,000.