

Sheboygan Senior Community

Short Term Rehab • Assisted Living
Skilled Nursing Care

*We are a faith-based, charitable nonprofit
serving Sheboygan area seniors since 1962.*



March



2018

3505 County Road Y | Sheboygan, WI 53083

(920) 458-2137

sheboyganseniorcommunity.com



Resident Birthdays

03/01 Elizabeth Kummer

03/01 Joan Koch

03/07 Sherri Lahner

03/23 Bonnie Zelm

Upcoming Special Events

March 6 – 2:30pm – How it's Made: Frozen Foods – TOL

March 8 – 2:00pm – Happy Hour – Willow Dining Room

March 8 – 2:30pm – Happy Hour – Café Redwood (Healthcare)

March 9 – 2:00pm – Tom Virant Accordion Polka Music – TOL

March 10 – Afternoon – Table Top Bowling – Oak Living Room

March 12 – 1:00 – Barber – Cypress Salon

March 13 – 2:00pm – Rob Peterson Music Program – TOL

March 14 – 2:00pm – Music Program – TOL

March 16 – 2:00pm – Trip to Ireland – TOL/Café

March 17 – Afternoon – Popcorn and Pop with a Movie – TOL

March 19 – 2:00pm – Frances Rank Piano Waltzes – TOL

March 23 – 2:00pm – Tim Dekker Violin Music – TOL

March 24 – Afternoon – Table Top Bowling – Oak Living Room

March 26 – 2:00pm – Art Studio – Willow Dining Room

March 27 – 10:30-12:00 – Absentee Voting

March 28 – 2:00pm – Music Program – TOL

March 29 – 10:30am – Poetry & Root Beer Floats – Oak Drive

March 31 – Afternoon – Small Group Games



Staff Birthdays

03/02 Peggy Meyer – Dining Services

03/06 Maikia Moua – CNA

03/08 Allen Kirsch – Maintenance

03/08 Heather Sunagel – Social Services

03/14 Colon Chasity – Unit Assistant

03/17 Kaylee Norwood – Unit Assistant

03/18 Jean Lewis – Dining Services

03/20 Cathy Wenninger – RN

03/25 Jill Hand – RN

03/25 Marissa Graff – RN

03/30 Sharon Henderson – RN

Dementia Series

Tuesday, March 27

Senior Activity Center

428 Wisconsin Ave, Sheboygan, WI 53081

Come join us!

Sheboygan Senior Community and Aegis Therapies are presenting part three in our three part *Dementia Series* at the Senior Activity Center. We will be discussing the latest research showing the benefits of exercise on dementia. Whether you have dementia yourself, or know someone who does, this will be an informative class for all ages. This is a FREE class; however registration is required due to limited space.

To register, call the Activity Center at (920) 459-3290.

For questions, contact Dana Elmzen or Bridget Boy.

Save the Date

Gallery Open House

Thursday, April 19, 2018 from 6-8pm

From the Desk of Paul Treffert...

Happy March! I hope this month's newsletter finds everyone well and looking forward to spring. I have never been a big fan of February, and this year was no exception. Thankfully, March looks much better. Rachel and I are taking our daughters (Ali and Emily) to *Hamilton* in Chicago to celebrate their birthdays, which are a few weeks apart. During last year's summer vacation, Alexander Hamilton was along for the trip, as Ali, Emily, and Ali's cousin, Rosa, sang every word to the musical (loudly) all week long. Watching these young women showcase their knowledge of American's founders and the birth of our country, and having learned about these fascinating characters in such an extraordinary way was satisfying, and really annoying all at the same time.

Another big thing that is happening for us in March is Emily is going to Washington, D.C., with her 8th grade class for four days. The itinerary for their trip is impressive and includes several sites that I have never been to, so I am thrilled for class, but also envious. I spent quite a bit of time there when I traveled for work, and loved every second. (As opposed to my next assignment in western Iowa...not so much to love there.) I am always struck by the perception most of us have of 'Washington', the Capitol: a showcase of ego, pettiness and self-preservation, versus Washington, D.C., the Place, which on a "really cool stuff per square foot" basis, ranks among the best in the world. I had the good fortune of being in D.C. one year over Memorial Day weekend. Flags at half mast, parades, somber ceremonies in Arlington National Cemetery, and veterans on Harleys everywhere you go. An experience I will never forget.

Some of these ponderings about government and leadership have helped me channel my frustration regarding the conflict with the city of Sheboygan and how it played out. My full remarks on the entire situation can be found here: <https://sheboyganseniorcommunity.com/city-council-full-remarks-regarding-landmark-tif>.

As I noted in my summary, during the whole experience I found Mayor Mike Vandersteen to engaged and responsive. (As for the other city officials we were trying to work with, I will only say that none of them will ever be mistaken for 'the Founding Fathers.')

Despite the outcome, I am relieved that the matter is closed and behind us.

In that same summary, I also mentioned that one of the unexpected surprises I have enjoyed since starting here at SSC is that it has allowed me to become actively involved at the Weill Center, including joining their Board of Directors a few months ago. I choose to invest some of my free time there because I love live performances, but also because it allows me to provide access to opportunities that our employees may not always have. For instance, this past weekend, we gave away 60 tickets to several of our employees to see Charlie Berens, from the Manitowoc Minute. (If you don't know him, look him up on YouTube.) Among the recipients were the five employees who received the most nominations in the Employee Appreciation Contest we ran last week. Congratulations to Joyce Shaffer, Janet Crawford, Ann Smith, Lora Bruns, and Nikita Bell. It is difficult to express the appreciation and gratitude I have for all of the employees who make SSC such a special place. The teamwork, compassion, and dedication we see from employees during every shift and every department is truly inspiring.

(Shameless plug: another reason I enjoy being involved at the Weill Center is it allows for some creative latitude. To that end, please consider joining us on March 24. A band called Joe 2.0. will be recording a concert film that night. Joe 2.0 is led by the original singer of Cheap Trick, Xeno, and uses stringed instruments to cover rock classics (the Beatles, the Who, Led Zeppelin) as well as newer artists. The Joe in Joe 2.0 is Joe Ketchum, a professional violinist, and good friend of mine. It should be a very entertaining evening. See weillcenter.com for more information. End of plug.)

Wrapping up March for my family is Passover, which is early in the calendar this year. Every year, Emily and I join Rachel's family in St. Louis for the weekend that is highlighted by the Seder Dinner. While I still mangle the prayers and am ever so slowly learning the traditions of Judaism, I do know that I really enjoy being part of the Passover service, which is so unlike anything I ever experienced growing up. Rachel's brother, Brad, leads the service and spends hours every year preparing the prayer guide. The history and importance of Passover are complex, but the themes are universal: memory, optimism, faith, family, and responsibility. Something our employees bring to our residents and each other every day.

Shalom!

Putting the FUN in Fundraising

A BIG thank you to Kaylene, Katy, Heather, Brenda, Melissa, Lisa, Stephanie, and Dana for making soup in our first ever Souper Bowl fundraiser. The combined sales from Café Redwood for the week and soup donations came to **\$842.35!** This was the first donation to our Employee Education Fund. We plan to continue growing this amount to provide scholarships and tuition reimbursement for our dedicated staff members.

For more information on making a donation to SSC, please contact Dana Elmzen.

Growing Our Crop with Jill Hand

CPR class is 3/22 09-1300 for nurses only. Please sign up in advance, so we can make sure you are not scheduled that day.

Fun Fact About Vaccines

We can thank cows for one of the first vaccines. The British doctor Edward Jenner (1749–1823) protected people from a deadly disease called smallpox by injecting them with cowpox, a weaker but similar disease found in cows. He invented the word vaccine based on the Latin word *vaccinus*, which means "from cows." We can thank chickens for providing the eggs in which flu viruses are grown for use in today's flu vaccine.



Welcome to the Rehab Corner!!

Meet Abby, DPT

In August 2017, the Aegis family welcomed Abby Amerling to the team!! Abby graduated from Carroll University in 2015 with a Bachelor of Science in Exercise Science, and a minor in Psychology. In May 2017, she completed her Doctorate of Physical Therapy at Carroll University. Abby enjoys her role as the DPT and following our patients through complex medical conditions, post-surgical orthopedic diagnoses and neurological conditions. She continues her education with a focus on pharmacology, musculoskeletal rehab, and new innovative treatments such as kinesiotaping. Abby lives in Kewaskum and enjoys camping, traveling, kayaking, anything sports-related, and sewing. Stop by the Rehab Dept to introduce yourself to her and receive a March related prize!

- Bridget Boy, Director of Rehab, PTA



Gary was promised that there would be a plug put in for MORE country music programs. Hint, hint Melissa.

Resident Spotlight: Gary Baker

Gary Baker was born and raised in Park Falls, Wisconsin, located about 5 hours north of Sheboygan. He is one of five children; three brothers and one sister. Can you believe Gary has a twin Brother? There are actually two of these great men amongst us, Larry and Gary Baker. In Park Falls, Gary's father delivered bread to area stores, and Gary often helped him as a young teen. One of the team truck drivers got smart and realized Gary's size and strength could be put to great work; he started throwing Gary crates and having him stack them in an orderly fashion for the next day's deliveries.

Gary played both football and baseball in high school. He contributed both as a tackle and a nose guard. Right out of high school, Gary was offered a position as maintenance supervisor for the city of Park Falls. He was in charge of snow plowing, street sweepers, lawn care, etc. He also supervised three other city buildings. Gary recalls the time he fell off an 8 foot ladder onto concrete flooring. He injured his back and was hospitalized for a short time. That accident was never repeated again!

Gary never married, but explained it this way. He was diagnosed as an epileptic in 2nd grade and never wanted to be a burden to anyone he loved. He lived as a bachelor, and managed his diagnosis and a full time job under his own strength. Gary has traveled extensively; he has been to Texas, Florida, Aruba and Hawaii twice. He has an aunt and uncle and three cousins who live in Texas, so his visits there were extra special. If he had the opportunity, he would love to travel more; return to Texas again, and visit every sports stadium in the country.

GO PACK GO! Green Bay Packer football is a top priority for Gary. His all-time favorite players are Bart Starr and Jerry Kramer. He actually was fortunate enough to meet Jerry at a sports banquet in high school. Gary also loves the Brewers and the Badgers. Another passion for Gary is fishing. His FISH stories include 2 main attractions; a 36" Northern Pike, and a 25" Walleye. Both caught while fly fishing with his big brother, Tom.



After Gary had two falls at home, he decided to look for assisted care. His brother, Tom, introduced him to Sheboygan Senior Community. Gary just loves his home here. Since Tom lives in Sheboygan, he is able to visit almost every other day, plus Gary says; "THE FOOD IS TOO GOOD!" He especially loves the pizza and the omelets.

Gary is a man with a BIG heart – we love you Gary!

Staff Spotlight: Cassy Elias

Chances are if you've ever walked through our rehab unit, Hickory, you've seen Cassy Elias zipping around at the speed of light. Cassy works in environmental services and puts her heart and soul into everything she does.

Cassy grew up in Sheboygan, going to Jefferson Elementary, Horace Mann and North High. She loves Sheboygan because of its small size, and the fact that you get to know a lot of people. She smiles as she talks about how friendly people are here and how the town blossoms in the summer and shows its beauty during the fall.

She is an only child, and her heart is bigger than her body. She beams with pride when she talks about her nine year old daughter, Aubrey. They love to ride their bikes and go swimming together in the summer.

When Cassy isn't at work, she has developed a newfound love for exercising. She has even converted a room in her basement to a home gym, where she's able to do cardio (her favorite). When asked about a bucket list item, she quickly shunned the idea of skydiving – she is not a fan of heights. But she's willing to overcome that fear to travel all over and see the world. First up on her list is Hawaii or somewhere tropical.

One thing people may not know about Cassy is that she's a really good swimmer! She also enjoys going to the malls in Milwaukee where there is a lot of variety. She has four cats: Pikachu, Whitey, Harley and Buttercup. She plans on taking a trip this year to Legoland either in California or New York with her family.

Cassy recently bought a house on the north side near Pigeon River and we couldn't be more elated to know she's laying down roots and plans on being here for a long while. One thing Cassy couldn't stress enough was how much she loves being at SSC. She loves her coworkers and the residents. "Everyone is really nice. Here, more than any other place, I feel **appreciated**." Well Cassy, we **appreciate YOU**, and everything you do to make our residents feel comforted and at home.



Staff Anniversaries



03/02	Lora Bruns	1 year
03/03	Michael Roeder	2 years
03/15	Renee Schmitz	1 year
03/15	Dana Elmzen	2 years
03/15	Cassandra Neese	2 years
03/29	Melissa Oxtoby	1 year

Welcome to the SSC TEAM

2/1/18	Genny Zamora	Environmental Service
2/2/18	Gloria Serna	Unit Assistant
2/21/18	Carolina Heibel	CNA
2/21/18	Diana Suastegui	CNA
2/23/18	Rita Staehler	Residential Aide

Oh, what FUN!

Residents loved dressing up for Fat Tuesday bingo. We had masks, feather boas, beads and chocolate bars that looked like money.



2018 Celebration of Life

In February we said our final goodbyes to our friend and long-term resident, as God called her home to her final resting place.



Mary Coller 06/24/1928 – 02/13/2018 Oak Drive

Those we love don't go away, they walk beside us every day. Unseen, unheard, but always near. Still loved, still missed, and very dear. – Author Unknown

cheers to 72 loving years!!!

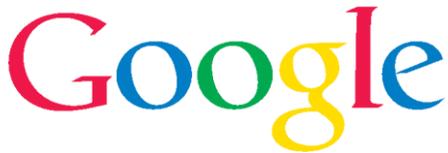


Residents, Leaty and Perry, celebrated their 72nd anniversary last month complete with chocolate, cake, cards, balloons, flowers, and a song on the accordion by neighbor, Ilse. We loved celebrating your love!

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New **Sheboygan Senior Community** videos are available to view now!

Staff Appreciation

During a recent staff appreciation contest the following SSC staff received the most nominations. Here are some of the kind words shared about them:

Joyce Shaffer – *“Always putting smiles on resident’s faces. Goes above and beyond her normal duties. Excellent worker in all aspects. Resident’s love her! A very caring person.”* – SSC Staff

Janet Crawford – *“She goes above and beyond for her patients. Janet genuinely cares for these people as if they were family. She’s very hardworking, a team player, does what is asked and more, and rarely complains.”* – SSC Staff

Nichole Michaels – *“She is hard working and always displays a fun sense of humor, caring attitude, and compassion. She has earned my respect for the care provided...”* – Resident family member

Lora Bruns – *“Lora displays a very caring and compassionate attitude, always with a smile. She is hard working and provides the warmth and respect the residents at SSC deserve.”* – Resident family member

Ann Smith – *“Ann is one of the most caring and compassionate LPNs in Maple. She is so kind and patient with her residents. She is always willing to talk with our family about any concerns we have. She goes above and beyond what the others do.”* – Resident family member

Sheboygan Senior Community is looking for...

Volunteer Coordinator

The Volunteer Coordinator will actively recruit volunteers to fill the needs of Life Enrichment for the facility. They will interview the applicants and train new volunteers to perform the task assigned to them. The volunteer coordinator will organize the schedule, the tasks and the availability of the volunteers and the facility. They will keep in touch with current volunteers with new opportunities or questions during their volunteer time with SSC and will perform annual training reviews on SSC policies and procedures necessary to satisfy state regulations. The volunteer coordinator will also motivate, support, monitor and show appreciation to volunteers for the works they have accomplished.

The Volunteer Coordinator position is approximately 6-8 hours per week generally with daytime hours; however, some flexibility with scheduling is required.

Life Enrichment Associate

The Life Enrichment Associate position will coordinate, implement, and execute daily activities and programs. They will assist in transporting residents to/from activity and social programs, while creating an enjoyable and satisfying experience. The LE Associate will assist with the coordination of themed events and entertainment, and ensure all planned activities and events are well communicated and promoted to the residents, families, and other department staff. They will get to know each resident and their family members through assessments and interviews.

The Life Enrichment Associate position is part-time (approximately 12-14 hours per week) and duties will involve personal contact with varying resident population and a varied work schedule that may include weekends, evening, and holidays.

Please share these new positions with family and friends and encourage any to come in to complete an application. If there are any questions you can contact Melissa Thiel for more information at 920-458-2137 x710 or mthiel@retiresheboygan.com.

In February SSC treated staff to Pizza Ranch pizzas for Valentine’s Day, and Ella’s subs for the staff’s commendable methods of containing and “shoo’ing” the flu. We would like to thank both businesses for their customer service and prompt deliveries. If anyone has other recommendations for delivery services to treat our staff, or would like to contribute to future events please contact Stephanie at ext: 847 or sgoetz@retiresheboygan.com.