



*January 2021*

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

## A Special Thank You

### **Dear SSC Family and Friends:**

There are not enough words to adequately express our profound gratitude for the support of this year's staff Christmas campaign. Through the donations of over 65 loving individuals, families, and organizations we

provided our team with a special Christmas experience package curated from local businesses like the GameBoard, Little Brown Cow Cheese, Dipped by Dea, Custom Craft Trophy and Embroidery, and Festival.

Our team loved their gifts, and the local companies sincerely appreciated the support. We could not have gone above and beyond to show our appreciation for this unwavering group of superheroes without your help. We know 2020 was a tough year for everyone, but we are witnessing miracles that can happen with collective effort, a lot of spirit, and hope.

From everyone at SSC, thank you. Thank you for your words, emails and letters of encouragement, your gifts of food and treats, your donations, and your prayers.

-Dana

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## Recent News



### *Life Enrichment*

We are looking forward to a new year of happiness and health! In January, Health Care Households will continue with a weekly calendar for the beginning, but will plan to transition to a monthly calendar again soon! Willow now has a monthly calendar and both will be posted on our website.

If you wish to read the most recent news from Sheboygan Senior Community, please [View Calendar](#) below. **Life Enrichment Activities**, **Birthdays**, and **Greenfield Rehab** news can be found here.

[View Calendar](#)

*Through the months of October, November, and December we have raised \$500 for the Humane Society. Thank you to everyone who donated for this important cause.*

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### **Joint Replacements**

Have you exhausted all your other options and now you are considering surgery?

Did you know the need for total knee and hip replacements surgeries increases every year!

- Approximately 600,000 total knee replacements are performed in the United States each year.
- Approximately 350,000 total hip replacements are performed in the United States each year.
- By the year 2030, it is expected that the demand for hip and knee replacement surgery will increase by more than 170% for those over the age of 45.

One of the most common causes of total hip and knee replacement is osteoarthritis (OA), also called degenerative joint disease. (DJD). This occurs from wear and tear on the joints, from either an old injury or a previous infection. However, the exact cause of OA is unknown.

The purpose of having a joint replacement is to fix your hip or knee joint. Following joint replacement surgery, you can expect:

- Pain to be eliminated or decreased
- Joints to have better movement
- Daily activities to become easier
  - o Climbing Stairs
  - o Walking
  - o Getting into and out of the car

Before surgery you will need to see your primary care physician for clearance to have your surgery and they will likely order Physical and /or Occupational Therapy prior to surgery to regain strength in the muscles surrounding the joint. This will help make the recovery process easier.

Typically, patients are in the hospital for 24-48 hours following a joint replacement surgery. Follow up physician appointments and therapy referrals will be discussed. Your surgeon will recommend the most appropriate therapy setting based on your progress in the hospital and your functional abilities. This more than likely will include continued therapy in order to provide post-operative exercises, training on any restrictions, provision of any adaptive equipment and education and training for any needed compensatory strategies and home adaptations.

If you are planning on scheduling an appointment with your doctor to discuss the risk and benefits of pursuing surgery and/or need surgery but want to optimize your current functioning in the meantime, please contact us at: 920-458-2137 ext. 823 Sheboygan Senior Community, 3505 Co. Road Y, Sheboygan, WI 53083. We preauthorize all insurance before any treatment begins, so you are aware of your coverage.

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## New To The SSC Team!

Patrice Green - CNA  
Abby Teunissen - CNA  
Sherese Townsend - CNA

Sandy Hiebing - Life Enrich Aide  
Renee Rudolph - Life Enrich Aide  
Lynette Garcia - LPN



*In December we said goodbye to these souls  
as God called them home.*

**Lloyd Reilley - 12/3/2020**

**Dr. Warren Soeteber - 12/10/2020**



To help our mission and contribute to our cause, please consider donating today. Your donation allows us to continue making the SSC difference for our residents and team.

**Donate Today**

