



February 2021

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



Please consider nominating us for the best **Senior Living Facility** and **Assisted Living Facility or Nursing Home!**

We love taking care of your loved ones and would be thrilled if you nominated us today!

[Click Here To Nominate Us](#)

Life Enrichment



Special Events

- 10 - **Healthcare** Puzzle Piece Art at 2:00 - Maple Dining Room
- 10 - **Willow** Puzzle Piece Art at 2:00 - Dining Room
- 12 - Valentine's Day Social at 2:00 - Gallery
- 17 - Travel to New Orleans at 2:00 - Gallery
- 19 - Mardi Gras Happy Hour at 2:00 - Gallery
- 22 - **Willow** String Art at 2:00 - Dining Room

- 23 - **Healthcare** Resident Council Meeting - Maple Den
24 - **Healthcare** Meet Me in the Kitchen at 2:00 - Maple Kitchen
24 - **Willow** Meet Me in the Kitchen at 2:00 - Dining Room
26 - **Willow** Chip Toss at 2:00 - Dining Room
26 - **Healthcare** Mandala Art at 2:00 - Oak Dining Room

For all activities please [View Calendar](#)

NEW!

Thanks to a generous Christmas gift from the Vollrath Company & Thrive group, we now have Roku and Netflix on all household living room TV's to play movies and stream TV shows for the residents!

Projects Update

SSC is excited to announce the completion of the Therapy Gym renovation, a multi-faceted project that we began planning for in the summer of 2019. A shift in the focus of therapy over the last 5 years and SSC's desire to expand their offerings to the community prompted the idea of renovation. In recent years, therapy has become more about assisting patients with best practices for aging-in-place (AIP). We wanted to create a space that was more conducive for this focus, would accommodate the increase in out-patient therapy, and include a recreation area for residents not receiving therapy. We were also provided an opportunity to collaborate with the AIP division of Kohler Bath.

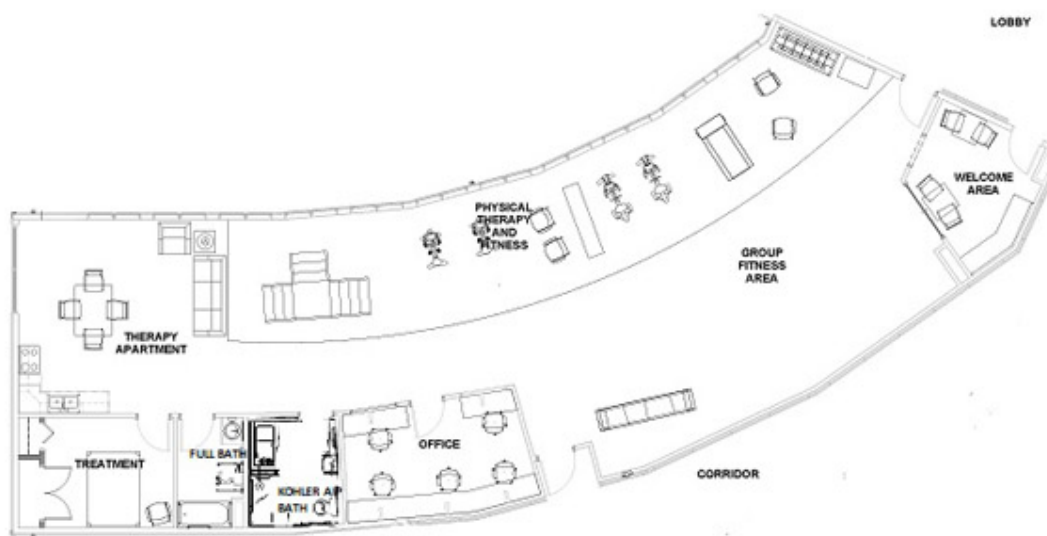
To achieve our goals, we worked closely with an expert in space planning for Senior Living, Kohler designers and product specialists, and therapists with Greenfield Rehabilitation Agency. The result is a space that includes:

1. Fully furnished open-concept suite to mimic a senior's living quarters for occupational therapy with a kitchen, dining room, living room, and functioning full bath

2. Open floor plan with mirrors to accommodate both physical therapy and various exercise programs
3. AIP bath outfitted entirely by Kohler products converted from an existing office
4. A gathering space directly across from Reception Area to welcome both visitors to the facility and therapy out-patients

We were well on the way to begin renovations by Summer 2020, but plans were waylaid by the pandemic. In November, with permits and approvals in hand, we were ready to proceed. We moved the therapists into our Conference Room and essential therapy equipment into multiple rooms in our short-term rehab unit, sealed the doors leading into the Gym, and handed the keys over to the construction superintendent. This project continued to experience many setbacks and delays due to Covid, but by the beginning of this month, we were able to start moving Therapy back into the Gym.

We would like to thank our residents and therapists for being both accommodating and patient with the process and the displacement of therapy, staff and residents for their understanding of the noise. We are extremely grateful to the local vendors hired to make this concept a reality: Jos. Schmitt Const., Edgewater Plumbing, Dean's Electric, Kaeden Flooring, H Vac Services, Sheboygan Glass, JA Eisch, and Steve's Painting. We are also especially thankful to the Kohler Co. for their generous donation of time and products, and consideration of SSC.





Lymphedema

The lymphatic system consists of tissues and organs that produce, store and carry white blood cells that fight infection and other diseases. Lymph vessels are present in almost all areas of the body. Along the lymph vessels are lymph nodes. Lymph nodes filter the lymph fluid and remove toxins and infections from the fluid before it enters the blood stream. Lymphedema is a condition of localized fluid accumulation usually caused by a problem within the lymphatic system. Lymphedema can be inherited (primary) or can be result of surgery or trauma (secondary). It is most frequently seen following lymph node removal, radiation therapy or surgery, all which can damage the lymphatic system. Many times, secondary lymphedema results from treatment of cancer-breast cancer (arm swelling), colon, prostate, testicular, ovarian or uterine cancers (leg swelling). Men and women are equally at risk of developing lymphedema for months even years following cancer therapy.

Signs and symptoms of Lymphedema:

- Swelling of the fingers, toes, arms legs or chest
- A feeling of “heaviness” in the limb
- Skin tightness
- Decreased mobility of the fingers, toes, wrists or ankles
- Rings, bracelets, watches and shoes feel tighter than usual
- Trouble fitting into clothing in one specific area (e.g. shirt sleeve)

The treatment for Lymphedema is different for every person and depends on the stage and cause of lymphedema. Occupational and Physical Therapists are trained in the assessment and management of Lymphedema.

Some examples include:

- Ongoing screening and monitoring.
- Training on movement and exercise to help get back to daily tasks
- Teaching modifications to help make life easier with lymphedema
- Providing instruction on self-care management, including skin care, infection

prevention, and adapted clothing.

- Performance of manual lymphatic drainage via massage and exercise as well of advocacy for use of compression stockings, multilayer bandaging, or pneumatic pumps.

Lymphedema presents as a swelling of a limb or other body parts when the lymphatic system is not functioning normally. This swelling can result in a decrease in function affecting your walking, daily activities and the ability to work or enjoy hobbies. If you would like to learn more about Lymphedema and therapeutic management of this condition, please reach out to your physician and/or a skilled Occupational therapist or Physical Therapist. Contact our therapy department 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.

Happy Birthday!

02/02/1933 - **Edward Voss**
 02/03/1927 - **Virginia Hoogstra**
 02/14/1931 - **Paul Veenendaal**
 02/22/1942 - **Joanne Meives**
 02/26/1920 - **Clare Rudolph**
 02/27/1944 - **Bonnie Reinemann**
 02/28/1961 - **Sandra Reineking**

New To The SSC Team!

Megan Aschenbach - RA
Sandra Goetsch - Visitor Monitor
Cindy Moua - Dining Services
Makenzie Mueller-Neils - Dining Services
Sherese Townsend - CNA
Mary Leahy - Visitor Monitor
Mary Rautmann - Visitor Monitor
Sajne Johnson - LPN
Kirsten Beaumont - CNA
Maria "Beah" Travis - LE Aide
Marissa Schaefer - CNA
Jessica Boley - UA
Angela Witt - RA
Kensha Johnson - CNA
Liliegh Drossel - UA
Josie Larson - UA



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

Clyde Krueger 8/4/1932 - 1/14/2021

Doris Buteyn 7/31/1934 - 1/29/2021

Sharon Zwitter 12/31/1941 - 1/30/2021





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

