



April 2021

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

Life Enrichment



Special Events

- 7 - **Willow** - Box It Game at 2:00 - Dining Room
- 9 - **Willow** - Reminisce and Ice Cream Treats at 2:00 - Dining Room
- 14 - **Cooking Demo in the Cafe** at 2:30 - Cafe Redwood
- 15 - **Healthcare** - Travel to Italy for Leonardo da Vinci's birthday at 6:30 - Maple
- 16 - **Happy Hour: Disco Party!** at 2:00 - Gallery
- 21 - **Pineapple Upside Down Cake** at 2:00 - Gallery
- 21- **Healthcare** - Make Your Own Flower Pot at 6:30 - Maple
- 23 - **Willow** - Crafting with Mary at 2:00 - Dining Room
- 23 - **Healthcare** - Meet Me in the Kitchen: Cherry Cheesecake Day at 2:00 - Maple Kitchen
- 27- **Healthcare** - Resident Council Meeting at 10:00 - Maple Den
- 28 - **Willow** - Haiku Poetry at 2:00 - Dining Room
- 30- **Bill Bernico Music** at 2:00 - TOL

For all activities please [View Calendar](#)

Casual for a Cause

We just wrapped up fundraising for Mental Health America. We are pleased to donate \$320 toward their mission to promote good mental health through education and advocacy. Thank you to all who donated the past three months.

Visitation Reminders



Surgical masks must be worn for the duration of the visit. Sorry, cloth masks are not allowed.



You must **stay in the resident's room**. You may not walk about the household or building, however, you may go directly outside and to the courtyards.



Press the **call button** if you need something outside of the resident's room. Please do not come up to the nurse's station.



Before giving a resident food, please check in with nursing and/or dietary staff. Visitors are not able to eat with residents at this time.



Visitation hours
Weekdays: 9am-5pm
Weekends: 9am-4pm

Honored
to be a
5-star facility



Stroke Management

Approximately 800,000 people in the US have a stroke each year. It is the leading cause of disability. The great news is there is potential to make noticeable improvement with the right medical care and persistence. Common deficits post stroke

- Weakness on one side of the body
- Bowel and bladder issues
- Trouble speaking
- Impaired balance
- Decreased cognition
- Decreased sensation on one side of the body
- Impaired vision
- Decreased muscle strength and coordination

Many stroke survivors struggle to live regular lives because simple tasks and movements become challenging. The goals of stroke rehabilitation are to help the stroke survivor live as independently as possible while adjusting to new limitations. This is often addressed by many via the use of therapy services and psychological counseling.

OCCUPATIONAL THERAPY: OT can help you relearn the skills you need for everyday living such as dressing, bathing, toileting, and grooming. OT can work on trying to help you regain arm function to be able to pick up objects or use your toothbrush. These therapists can improve safety in your home for example, by suggesting grab bars be installed in the shower to make it easier to navigate getting in and out.

PHYSICAL THERAPY: PT can help work on balance to help you be able to move from a bed to a chair safely. These therapists can provide exercises to help improve strength, balance, and coordination to be able to go from lying down to sitting up.

SPEECH THERAPY: ST will work on helping relearn language and speaking skills. These therapists can help a stroke patient relearn how to make sounds and form words during speech. Speech therapists can help address swallowing problems due to weakness and poor coordination in the muscles in the mouth and throat.

PSYCHOLOGICAL COUNSELING Strokes can cause chemical changes in the brain. It can affect one's behaviors and emotions. A stroke survivor may be more irritable, confused, anxious, and depressed. Many stroke survivors can benefit from mental health counseling and medication to treat mental health issues. Aggressive therapy, immediately following a stroke can advance and improve your odds for greater recovery. However, there may be room for

improvement later in your recovery via continued outpatient therapy services.

Trailer: Stroke Management

Having a stroke can be a scary and stressful time for a patient and their family. Knowing what to expect during recovery and what can be done to help regain function is crucial! If you want to learn more about the benefits of therapy for you or your loved one who have suffered from a stroke, please reach out to our therapy department.

If you need more information please contact Greenfield Rehabilitation occupational therapy, physical therapy, or speech therapy department at: **920-458-2137 ext. 823 Sheboygan Senior Community, 3505 Co. Road Y, Sheboygan, WI 53083** and ask how they can help improve your abilities during your stroke recovery

Happy Birthday!

4/05 - **Shirley Kaboord**
4/05 - **Virginia Nolte**
4/05 - **Joyce Oleson**
4/11 - **Lester Aschenbach**
4/20 - **Dorothy Mohr**
4/27 - **Joyce Gass**
4/27 - **Romelda Wunsch**

New To The SSC Team!

Mike Basch - Driver
Faith Grunwald - UA
Amy Marchiando - RN
Stephanie Pritzl - Social Worker
Sandy Kaboord - LE Aide
Feliciano Harrell - Food Service Aide



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

Thomas Mockert 4/16/1939 - 3/1/2021
Henry Hoppert 5/10/1927 - 3/3/2021
Laverne Albrecht 9/19/1928 - 3/3/2021
Kenneth Nelson 9/22/1935 - 3/21/2021
Dorothy Mayer 8/07/1937 - 3/27/2021



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

