



May 2021

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

Life Enrichment



Special Events

- 5 - **Cinco de Mayo** at 2:00 - Household Dining Rooms
- 7 - **Rich Baumann Music and Stories** at 10:30 - Tree of Life
- 10 - **Go Golfing!** at 2:00 - Gallery
- 12 - **Safari Hunt** in the afternoon - Find hidden animals in the building!
- 12 - **Willow - Making Nature's Mobiles** at 2:00 - Dining Room
- 14 - **Pizza Party Day!** at 2:00 - Tree of Life
- 15 - **Willow - Special Breakfast**
- 17 - **Healthcare - Yard Games** at 2:00 - Gallery Courtyard (weather permitting)
- 18 - **Virtual Museum Tour** in the morning - Tree of Life
- 19 - **Kentucky Derby Happy Hour** at 2:30 - Gallery
- 21 - **Name that Tune** at 2:00 - Tree of Life
- 24 - **Who Dunit Mystery Game** at 2:00 - Tree of Life
- 25 - **Healthcare - Resident Council** at 10:00 - Tree of Life
- 26 - **Willow - Resident Council** at 1:15 - Living Room
- 26 - **Willow - Courtyard Planting** at 2:00
- 26 - **Healthcare - Art Studio** at 2:00 - Maple
- 27 - **Healthcare - Telephone Pictionary** at 6:30 - Maple
- 28 - **Visit New Zealand** at 2:00 - Gallery

Activities are subject to change

For all activities please [View Calendar](#)



NATIONAL NURSING HOME WEEK

May 10 - 14



National Nursing Home Week is happening from May 10-14 at SSC! We are celebrating the week with our residents and team by hosting fun games. Keep an eye on our [Facebook](#) page so you can see photos from each day.



Safe Use of Mobility Devices

Mobility aids are devices designed with the intent to assist people who have difficulties with moving around, be able to enjoy greater freedom and independence. Typically, people who have disabilities or injuries are at an increased risk for falling. There are many types of mobility devices available to meet people's needs including walkers, canes and wheelchairs. It is important for people to use mobility aids correctly or risk injury. Mobility device users are frequently not trained properly. Here are some valuable tips for safety with the use of your mobility device.

Cane Safety

The first step in safety with a cane is to make sure it fits properly. A physical therapist or occupational therapist is the best option to assist with making sure your cane is the proper height. Typically, the top of the cane should reach the crease of the wrist with a slight elbow bend.

Tips when ambulating with a cane:

- Do not look at your feet but straight ahead when ambulating in order that you can see obstacles or barriers that lie ahead.
- Avoid slippery conditions (ice, snow, wet floors)
- Keep the cane close to your body on the strong or uninjured side
- Replace rubber tips of cane if worn

Walker Safety

An important step in safety with a walker is proper height and size. The best option is a physical therapist or occupational therapist to adjust to proper height as they are trained professionals.

Tips when ambulating with a walker:

- Stay upright and do not bend over to avoid injury to the back.
- Do not pull up on a walker when coming to stand. Push off of the surface you are sitting on.
- Look straight ahead when you are walking and not at your feet.
- Step into the walker rather than walking behind the walker.
- Do not use a walker on stairs or escalators.
- Replace rubber tips on walker when worn.

Wheelchair safety

A wheelchair must be fitted to the patient for safety and comfort. A physical therapist or occupational therapist can help determine proper fit.

- Brakes should be engaged prior to getting in and getting out of the wheelchair.
- Removal of foot pedals when transferring in and out of wheelchair to avoid tripping over or possible leg injury.
- Avoid bending forward or sideways on the edge of the wheelchair seat to avoid tipping or falling out of the wheelchair. Utilize a Reacher or caregiver to reach items on ground or out of reach.
- Use assistance from caregivers to maneuver over curbs or ramps.
- Regular maintenance is very important to keep a wheelchair in good working order.
- Keep loose objects away from spokes.
- Avoid heavy loads on the back of the wheelchair to avoid tipping backwards.

Wheelchair positioning

Recommendations for optimal positioning are:

- Positioned in the middle of the wheelchair not leaning to one side.
- Knees level with hips.
- Feet contacting with footplates
- Sitting up straight and back resting on the back of the chair.

Using a mobility device properly may take some time and practice but getting around safely and independently is worth the extra effort! Please contact Greenfield Rehabilitation at: **920-458-2137 ext. 823 Sheboygan Senior Community, 3505 Co. Road Y, Sheboygan, WI 53083** for further information and to ensure your best fit, comfort and safety.

Vaccine Information

As of April 5, 2021, all people age 16 and older became eligible to receive the COVID-19 vaccine. We wish to be a trusted resource when it comes to community health questions. For this reason, we are sending out information regarding the providers who are currently offering the vaccine. To learn more or to schedule an appointment at the following providers, please click on the name below.

- [Advocate Aurora Health](#)
- [Ascension Medical Group](#)
- [Hayat Pharmacy](#)
- [Lakeshore Community Health Care](#)
- [Meijer Pharmacy](#)
- [Prevea/HSHS St. Nicholas Hospital](#)
- [Sheboygan County Division of Public Health](#)
- [Sheboygan Internal Medicine Associates](#)
- [Walgreens Pharmacy](#)

SSC Controlled Burn

On April 26, we had our first controlled burn of 2021 on the grounds of our 40-acre campus. A controlled burn, otherwise known as prescribed fire, is a fire

that is intentionally set to help with the regeneration and growth of native fire-adapted species. The reason for having controlled burns is due to Wisconsin's history with natural fires and the effect it has on our ecosystem.

These controlled burns occur after considering many measures of safety including wind direction, property, people, smoke management, and ideal weather conditions. Due to the complex safety requirements, these controlled burns must be scheduled in advance. It is our intention to keep you well-informed on why we have these controlled burns so you may not be alarmed when you see this happening on our grounds.

To learn more about the history, benefits, and reasoning behind controlled burns [please click here to find more information at the Wisconsin Department of Natural Resources website.](#)



- 5/5 - **Joan Schieble**
- 5/14 - **Al Reiter**
- 5/16 - **Janet Bitter**
- 5/19 - **Betty Puksich**
- 5/22 - **Theresa Oelhafen**
- 5/24 - **Mary Bunger**
- 5/25 - **Ardice Schuette**
- 5/27 - **Bob Ballschmider**

- Temeika Hodges - CNA**
- Kenny Davis - RA**
- Jazzmon Black - CNA**
- Kourtney Henrickson - LPN**
- Cassandra Rinehart - CNA**
- Valerie Ney - Caregiver**
- Hannah Barlament - RA**
- Kimberly Fintelmann - CNA**



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

- Wolfgang Geisler 8/9/1923 - 4/11/2021**
- Gilbert Sternitzky 3/18/1931 - 4/20/2021**
- Fred Grenier 7/06/1936 - 4/24/2021**





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

