

St. Ann Center's SEASONS of Life

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Quarterly Agency Newsletter

Jan. - Mar. 2016

Hope Floats for One Determined Woman

When Pam Kowalski began classes at St. Ann Center's Aquatic Center, she never dreamed her fellow swimmers would be even warmer than the water.

In June of 2013, Pam (right) was preparing for bariatric surgery, which required her to exercise for an hour a day and lose 20 pounds.

"The problem was, I could barely walk," Pam says, recalling how arthritis, a deteriorating spine and her

weight hindered her mobility. "At 420 pounds, I had isolated and cocooned myself in my home. That's when my son went online and found St. Ann Center's Warm Water Movement class."

This gentle form of water exercise, targeting muscles and joints, is slower than traditional aerobics and increases the flexibility of people with arthritis. That makes it an ideal therapy for those recovering from joint and back injuries, surgery or illness.

Self-conscious in a bathing suit, Pam quickly felt waves of acceptance coming from the other women in the class. "I hadn't planned on telling them my story, but they were so supportive...I decided to risk it," she says. By the end of the month, Pam was not only ready for surgery, she had 20 cheerleaders rooting for her success.

Now down 200 pounds and approaching her goal weight, the upbeat grandmother of four is committed to continuing her three-days-a-week routine. "Our group is like family," Pam says, adding that many of the women raided their closets and gave her clothes as she dropped several sizes. "Being part of this group has been so heartwarming. They really brought me out of my shell."

"Socializing is so important...the workout becomes a side benefit!"

Find all the aquatic services for the community online:
stanncenter.org/pool

Warm Water Movement classes in St. Ann Center Stein Campus' 88" therapy pool are held every Monday, Wednesday and Friday from 1 to 1:45 p.m. This class and many others are open to anyone in the community.



These close-knit swimmers are so in sync, they've expanded their friendship beyond the pool. They meet monthly for lunch and conversation, making sure the restaurant menu has plenty of healthy choices. "Socializing plays such an important part in exercise," Pam says. "It's motivating when you know you're going to spend time with your friends. The workout becomes a side benefit."

"Over the years, I've tried everything from Weight Watchers to Richard Simmons, and nothing has worked like Warm Water Movement," Pam concludes. "And the fantastic ladies exercising alongside me made all the difference."

A Heart in the Right Place

Dale Herman has run marathons, routinely lifts weights and easily folds herself into yoga poses. But the exercise that seems to do her heart the most good is volunteering in our Senior Wellness Unit every Thursday.

“I like getting people up and moving,” says Dale, an energetic grandmother of four. For instance, “Kathleen (a Wellness client) and I took a walk past a high school and started talking about her tennis playing days. I love hearing people’s stories. Seniors have so much wisdom that our society too quickly dismisses.”

Dale started coming to St. Ann Center two years ago, when her mother, Betty Jane, was a client in Senior Wellness. Between games of Scrabble and Frank Sinatra songs, she came to know the clients and staff on a first-name basis. “There’s a camaraderie here that’s made me feel so welcome,” Dale says, explaining what inspired her to continue volunteering even after her mother passed away last summer.

With a sixth sense for people’s needs, Dale is quick to split a bag of M&Ms with a client who has a sweet tooth or give an older adult with dementia some quality one-on-one time. Her green thumb makes sure the unit’s plants are well-watered. And recently, she and

husband Mike made a generous donation to the Wellness Unit to go toward the purchase of new furniture and decor.



Dale Herman (left)

An avid “treasure hunter” at rummage sales and antique shops, Dale is always on the lookout for items to benefit St. Ann Center. The fruits of her shopping have included two lamps and a magnifier for art therapy clients to use in beading and jewelry making. Plus, she keeps the Seasons of Life Gift Shop stocked with new, gently used and vintage clothing. “For me, coming to St. Ann Center is humbling,” Dale says.

“I wish everyone could visit & see how amazing the human spirit is here.”

Caregiver Comments

COUR-age: “to do from the heart.” Caregiving calls for courage. Some days, it feels tedious; we simply want to get things done, which leaves us feeling guilty for not caring with a greater sense of joy and commitment. This is a sign caregivers need time for themselves. If caregivers don’t take care of themselves and recharge, they can’t care for others with a generous and loving heart. It takes courage to care for yourself while caring for another.

At Your Service

The Perfect RX

Joe Coco, a St. Ann Center outpatient rehab volunteer, is a chronic sufferer of “White Coat Syndrome.”

The sight of a doctor in lab-coat white starts his heart racing. But with rising health concerns, he decided to check out St. Ann Center’s Health & Wellness Clinic. He was greeted by smiling Kathy Schumacher, an experienced nurse practitioner.

“When she took my blood pressure, she thought her equipment was broken,” Joe says, recalling



The clinic treats minor illnesses, prescribes medications & does health screenings. To see all services visit: stanncenter.org/clinic.

“Whether it’s a little health concern or a big one, the clinic is there for you,” Joe says.

Open Mon., Tue. & Thur., 9 a.m. to 1 p.m., Appointments and walk-ins are welcome. Call (414) 977-5000.

Kathy’s genuine concern at how high the reading was. He then felt at ease sharing his health concerns with Kathy. “She not only persuaded me to see a doctor, she found one I was comfortable with.” Tests revealed Joe had a heart



2016 Calendar

Visit: stanncenter.org/calendar
for all new events, updates or changes

January					Closed New Year's Day	Indoor Market ↓
3	4	5	Caregiver Support Group	7	8 Family Fun Night @Pool	9
10	11 Aquatic Session 1 ⇒	12	13	14	15	16
17	18 Childcare closing 5 p.m. (Bucyrus Campus)	19 Parkinson's Support Group	20	21 Cash raffle tickets on sale!	22	23
24	25	26	27	28	29 Benevolent Touch Workshop	30 Indaba Bandshell Fundraiser
31						



Aquatic Center Schedule

Parent Infant & Level 1-3 session schedules: stanncenter.org/pool

OPEN SWIM

Mon.-Fri.: 7:30 - 8:45 a.m., 11 a.m.- Noon & 3 - 4 p.m.
Cost: \$5 per person/open swim

WARM WATER MOVEMENT

Mon., Wed. & Fri.: 1-1:45 p.m.
Cost: \$6 per class

ARTHRITIS FOUNDATION

Tue.: 7-7:45 p.m.
Thur.: 2-2:45 p.m. & 7-7:45 p.m.
Cost: \$5 per class



Celebrate Black History Month!

February 2016, with our Bucyrus Campus! Stories shared online: stanncenter.org/blog

	1	2	Caregiver Support Group	4	5	Indoor Market ↓
7	8	9	10	11	12	13
14	15 Registration Open for Session 2	16 Parkinson's Support Group	17	18	19	20
21	22	23	24	25	26 Family Fun Night @Pool	27
28	29 Aquatic Session 2 ⇒	February				

		1 Center Stage Talent Show	2 Caregiver Support Group	3	4	Indoor Market ↓
6	7	8	9	10	11	12 Jewelry & Chili Sale
13	14	15 Parkinson's Support Group	16	17	18	19
20	21	22	23	24	25	26
27	28 Childcare Closed (Bucyrus Campus) ⇒	29	30	31	March	



The talent show celebrating all ages and abilities!

TUESDAY, MARCH 1
at Turner Hall Ballroom
1040 N 4th Street

Doors open: 5:30 p.m.
Talents begin: 6:30 p.m.

More information & tickets online: stanncenter.org/centerstage

2016 Calendar

Benevolent Touch

"A positive, gentle touch ensuring the recipient they are safe and loved. It's invaluable in working with older adults & people with special needs."

Workshops &
National Certification
Courses Available
(414) 977-5056

stanncenter.org/benevolenttouch

April

						1 Closed (Bucyrus Campus)	2 Indoor Market ↓
3	4 Registration Open for Session 3	5	6 Caregiver Support Group	7	8	9	10
11	12	13	14	15 Family Fun Night @Pool	16	17	18
17	18 Aquatic Session 3 ⇒	19 Parkinson's Support Group	20	21 Benevolent Touch (BT) Workshop	22 BT Instructor Certification	23	24
25	26	27	28	29	30 Final Market & Rummage	31	

1	2	3	4 Caregiver Support Group	5	6	7 Cash raffle drawing	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23 Registration Open for Session 4	24
25	26	27 Hall of Friends Event	28	29	30 Closed Memorial Day	31	

Caregiver Support Group

First Wednesday of month.

Place: St. Ann Center
Chapel (Stein Campus)

Time: 1:30 – 2:45 p.m.

Contact: (414) 977-5075 or
jmeyer@stanncenter.org.

Parkinson's Group

Third Tuesday of month.

Place: St. Ann Center
Board Room (Stein Campus)

Time: 1:30 – 3:00 p.m.

Contact: (414) 744-5654

May

The Center of your SUMMER

Explore

Swim

Learn
Every day

With
friends
of all ages
and abilities

SUMMER CAMP

at St. Ann Center is packed with fun!

stanncenter.org/camp


June

						1 Caregiver Support Group	2	3 Family Fun Night @Pool	4
5	6 Aquatic Session 4 ⇒	7	8	9	10	11	12	13	14
15	16 Summer Camp Begins	17	18	19	20	21 Parkinson's Support Group	22	23	24
25	26	27	28	29	30	31			

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for all new events, updates or changes

July							1	2
3	4	5	6	7	8	9		
	Closed 4th of July	Pool closed →	Caregiver Support Group					
10	11	12	13	14	15	16		
				Cash raffle tickets on sale!				
17	18	19	20	21	22	23		
	Registration Open for Session 5	Parkinson's Support Group						
24	25	26	27	28	29	30		
31					FFN@Pool BT Workshop	Stu's 15th Annual Golf Outing		

Live Your Dreams
coming July 2016



Don't sleep on your invitation to the
Annual Fulfilling the Dream Gala
at the BMO Harris Bradley Center.
stanncenter.org/gala

Stu's 15th Annual
Charity Golf Outing

July 30th | Tee time: 1 p.m.

Western Lakes Golf Course
W287 N163 Oakton Rd.,
Pewaukee, WI

stanncenter.org/golfouting



	1	2	3	4	5	6
	Aquatic Session 5 →		Caregiver Support Group			
7	8	9	10	11	12	13
14	15	16	17	18	19	20
		Parkinson's Support Group		Gwen T. Jackson Awards		
21	22	23	24	25	26	27
28	29	30	31	August		

September							1	2	3
4	5	6	7	8	9	10			
	Closed Labor Day	Pool closed →	Caregiver Support Group						
11	12	13	14	15	16	17			
	Registration Open for Session 6								
18	19	20	21	22	23	24			
		Parkinson's Support Group			Family Fun Night @Pool				
25	26	27	28	29	30				
	Aquatic Session 6 →			Benevolent Touch (BT) Workshop	BT Instructor Certification				

\$250,000 CASH RAFFLE!
stanncenter.org/raffle



\$50/ticket or 3 for \$100
Purchase at the Stein Campus
or via phone: (414)985-4600

2016 Calendar

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WE'RE DASHING!



Pet-friendly 5K/1mi run/walk
stanncenter.org/dash

October						Darby's Dash Run/Walk ¹
2	3	4	5	6	7	8
			Caregiver Support Group			
9	10	11	12	13	14	15
16	17	18	19	20	21	22
		Parkinson's Support Group				
23	24	25	26	27	28	29
						Cash Raffle Drawing
30	31					

	Registration Open for Session 7 Tues. Nov 1	Center Stage Auditions Open ¹	Caregiver Support Group ²	3	4	Indoor Market ⁵ ↓
6	7	8	9	10	11	12
					Family Fun Night @Pool	
13	14	15	16	17	18	19
	Aquatic Session 7 ⇒	Parkinson's Support Group				Jewelry & Chili Sale
20	21	22	23	24	25	26
				Closed Thanksgiving Break		
27	28	29	30	November		

St Ann CENTER

for Intergenerational Care

INDOOR MARKET

Saturdays, 9
 November-April
 2801 East Morgan Ave

Supports local vendors and all ages & abilities at the center.
facebook.com/sacfm

holidays at the center

Join us for holiday cheer every December including:

- 🎅 Santa @the Indoor Market
- 🎄 Intergenerational Christmas
- 🎵 Christmas Choir Concert
- 🎭 MSO Holiday Concert

Dates will be posted online:
stanncenter.org/calendar

December						Indoor Market ³ ↓
4	5	6	7	8	9	10
			Caregiver Support Group			
11	12	13	14	15	16	17
					Family Fun Night @Pool	
18	19	20	21	22	23	24
		Parkinson's Support Group			Closed Christmas Break	
25	26	27	28	29	30	31
	Closed Christmas Break	Pool closed ⇒				Center Stage Auditions Close

Leave It to Tenesha

Who doesn't look forward to the weekend? Tenesha Harris, for one. "She can't wait until Sunday night because she knows she'll be going to St. Ann Center again soon," says Tenesha's mother and caregiver, Angela.

In the five years Tenesha, 31, has been part of the Young Adult Unit, she's become Sandy Bonnier's right-hand woman. "At first, Tenesha was extremely shy, anxious and talked very little...but not anymore!" says Sandy, a CNA and activities assistant. When clients start arriving, Tenesha takes charge, setting up chairs for morning exercise. Come lunchtime, she's assisting clients with their bibs. And after she's helped clear the dishes, Tenesha might dive into an art project with a roomful of crayon-wielding children or guide the hand of a vision-impaired adult until all the puzzle pieces fit perfectly.



Tenesha at the Bucyrus Campus enjoying our Open House Celebration back in September.

"St. Ann Center isn't just a place where Tenesha comes for activities."

Sandy says, "She's developed a confidence here that any one of us would admire." Tenesha's mom agrees. "She comes home talking about the friends she's made and the people she's helped," Angela says. "Now if I could only explain to her why St. Ann Center isn't open on holidays!"



Having a Ball

One 92-year-old woman was skeptical at the start of a kickball game with the day care children. "When she realized she didn't have to stand or run in our version of the game," Wanda Gray, Bucyrus Campus Activity Director says, "she gave it everything she had and was our strongest kicker. As caregivers, it's our job to remind older adults that their favorite memories can be recaptured with a few minor adjustments.

And having children participating alongside them makes it so exciting!"

Family Connection

Extreme Show-and-Tell

Families are willing to go out on a limb to be part of their children's education...literally!

Kristin Schurk visited the Stein campus to give her son Julian's afterschool class a demonstration of the work she does for the City of Milwaukee's Urban Forestry Department. As she climbed one of St. Ann Center's towering trees, she talked about tree care and the skills needed to be an arborist.

The kids also enjoyed a breathtaking display of freestyle BMX bike tricks performed by Kristin's friend Tim Knoll in St. Ann Center's parking lot. His dazzling acrobatics ranged from handlebar handstands to airborne backflips. "I hope to motivate the younger generation to try biking as a fun, recreational hobby," Tim says, "and to be courageous and creative in whatever interest they choose."



NEW Inside...

2016 Calendar
- tear out -
including all
St. Ann Center's
special events!

*Plus, stories from
both campuses!*



STEIN CAMPUS

2801 E. Morgan Ave.
Milwaukee, WI 53207
(414) 977-5000

BUCYRUS CAMPUS

2450 W. North Ave.
Milwaukee, WI 53205
(414) 210-2450

To update your mailing preferences: (414) 977-5028
or cfeldkamp@stanncenter.org

DATES TO REMEMBER

Jan. 6	Caregiver Support Group
Jan. 8	Family Fun Night at the Pool
Jan 11	Aquatic Session 1 Begins
Jan. 19	Parkinson's Support Group
Jan. 21	Charity Cash Raffle Tickets on Sale
Jan. 29	Benevolent Touch Workshop
Feb. 3	Caregiver Support Group
Feb. 16	Parkinson's Support Group
Feb. 26	Family Fun Night at the Pool
Feb. 29	Aquatic Session 2 Begins
March 1	Center Stage Talent Show
March 2	Caregiver Support Group
March 2	Clear the Clutter Workshop
March 12	Jewelry & Chili Sale
March 15	Parkinson's Support Group
April 6	Caregiver Support Group
April 15	Fun Family Pool Night
April 18	Aquatic Session 3 Begins
April 19	Parkinson's Support Group
April 21	Benevolent Touch Workshop
April 22	Benevolent Touch National Instructor Certification Program

From Our President

In the Catholic church, the Pope declared December 8 through November 20, 2016, the Year of Mercy. St. Ann Center staff and volunteers already live this quality of mercy on a daily basis. You see it when they greet the children and adults with a cheerful smile and say goodbye with a good-night hug. They make our Stein and Bucyrus Campuses homes away from home.

It creates an atmosphere of delight and joy. Recently, in Shepherd House where we provide day services for people with Alzheimer's and dementia, the children from the Butterfly Room were visiting for a storytelling activity. Mary, a shy 2-year-old, started crying. No sooner did the tears start flowing than one of the adult clients scooped the little one into her lap, and told her "don't be afraid." With a caring gesture and three gentle words, she showed mercy that made Mary feel safe, comfortable and valued.

Have a happy, & mercy-filled 2016!

J. Edna Longman

