

St. Ann Center's Seasons of Life



Fall Issue 29

Quarterly Agency Newsletter

Oct. - Dec. 2015



Kayla Beats the Odds

If you want to know where the action is at St. Ann Center's Young Adult Unit, just look for Kayla Prink. The 4-foot-tall, 60-pound bundle of energy has a passion for dancing and a perfect pirouette that has earned her the nickname Twinkle Toes. "She's very inquisitive," says Kayla's mom, Renee. "And usually right in the middle of things."

Kayla was the focus of life-or-death attention on the day she was born, three months early, in the middle of respiratory and congestive heart failure. "The doctors didn't know if she would make it through the night," Renee recalls, describing how she and husband Jim kept a vigil in the Neonatal Intensive Care Unit, watching their newborn swaddled in a tangle of tubes and monitor wires. A week later, a geneticist determined Kayla was among the one in 10,000 infants born with Cornelia de Lange Syndrome (CdLS), a rare genetic disorder that can lead to a variety of physical, cognitive and medical abnormalities.

"The doctors didn't expect her to live out the year and recommended she be discharged to a hospice," says Renee. But instead, Renee and Jim packed up their tiny firstborn, along with heart and apnea monitors and tube feeding equipment, and brought her home to the nursery they'd lovingly prepared. "We wanted to give Kayla the best chance we possibly could," says Renee.

Although Kayla's body was fragile, her spirit was tough as nails. Last year, she graduated from Ben Franklin Elementary School in Menomonee Falls at the age of 21. And while Kayla is unable to talk or perform self-care skills and is legally blind, she's blessed with sparkling eyes and a Mona Lisa smile that speak volumes.

Finding an adult day care for Kayla was a challenge, Renee says. Options were limited and expenses were crushing. Renee's boss, Sherry Husa, a St. Ann Center board member, invited her to tour the Stein campus. "I was very impressed," says Renee. "Your caregivers remember Kayla's likes and dislikes and her unique traits. It was important for us to have Kayla in a faith-based environment that understands the value Kayla has in the eyes of the Lord. The staff sees the higher purpose in caring for the most vulnerable and think of it as a privilege, just as Jim, Jamie (Kayla's 15-year-old sister) and I do."

This fall, Kayla will join the young adult day program at the Bucyrus Campus, a quick 5 minutes from her father's workplace. The Prinks aren't worried a bit about changing campuses. "We're thankful to St. Ann Center for seeing that she's safe, well cared for and engaged in life. And we're very proud of Kayla," says Renee. "She's one happy kid."



Kayla Prink, now age 21

*"She's very inquisitive ...
And usually right in the
middle of things."*

Kayla and Renee were featured in a St. Ann Center Stories video that premiered at our Fulfilling the Dream Gala. Watch it at youtube.com/stanncenter.

Mission
St. Ann Center’s mission is to provide Franciscan-inspired, intergenerational, community-based health and educational services for children, adults, the elderly and those with disabilities as well as to serve as a resource and support for caregivers.

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A Letter from our President

Dear Friends,

Families and caregivers of people with dementia will often say to me, “The person I used to know is no longer here—he is just a shell of his former self.” That is just not the case, and we carry this belief partly out of fear. The fear of the unknown that will follow our lives now and forevermore can keep us from seeing the truth.

As I think about the wonderful people, many beloved family members, many friends, whom I have been blessed to be able to care for and become a part of their end lives, I am reminded of the daily occurrences of the divine presence in everything we do.

There is a father or mother, sister or brother who used to be dependable and able to share and to do things for their family and loved ones. After dementia, they cannot remember anymore and tell the same stories. But I know if we look deep into the eyes of their souls, we can see a deeper truth.

There was a woman in Shepherd House, who would become verbally abusive and combative toward the caregiving staff. Whenever I would see her, I would go up to her, give her a big hug, and tell her that I loved her and that she was my favorite. And when I did, her whole demeanor changed and she softened. Doing this on a regular basis has brought out the beauty of who she really is.

There was also a young woman who had a husband with early onset dementia. He was living in fear, but every day he would allow his wife to take him by the hand and lead him into Shepherd House where a deep love exists. It was evident that he trusted her and that she loved him beyond measure.

I just love the days when we have Benevolent Touch for the Shepherd House clients. We train and try to have all our staff knowledgeable of the healing and restorative power in caring and compassionate touch—especially for our clients, many of whom are deprived of this basic and most important human need. When we have our massage therapists working with the clients, the whole room becomes calmer and more peaceful. Benevolent Touch reaches the soul within and is positively sacred.

It is a great and beautiful gift to be blessed with the opportunity to have precious souls put into your care and to love them no matter what. The body may be letting go, but it is in doing so that the soul may take over. Looking deep into the eyes of a person with Alzheimer’s, you will see a beautiful soul.



Wishlist
Bucyrus Campus
Tropical plants & planters
Dental Program
Toothbrushes & paste
Child Care
Puzzles, art supplies,

super hero stickers,
pillows, children’s books,
bubbles, baby rattles
Retail
Vintage & used jewelry
Respite
Sheet sets & towels

Adult Day Services
Depends: large & X-large,
washable paint, sponges
Ceramics Studio
Acrylic paints & wooden
stools with pads
Call (414) 977-5000

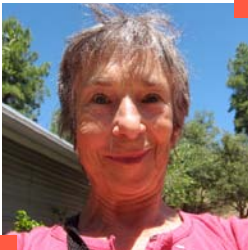
Supporter Spotlight

African Art Finds a Home at our Bucyrus Campus

The Republic of Congo is over 7,000 miles from Milwaukee’s near north side. But you only need travel as far as St. Ann Center’s brand-new Bucyrus Campus on 24th and North Avenue to experience a close brush with breathtaking African artwork.

Fourteen original oil paintings by seven Congolese artists were donated to St. Ann Center by Estherly Allen, a Milwaukee artist and art teacher now living in Prescott, Arizona. “I’m so excited that they’re going to a place where they’ll be embraced, preserved and talked about,” she says.

Estherly happened upon the pieces several years ago at a rummage sale. “I saw something rolled up in a corner that looked like canvases,” she recalls. “I bought 17 paintings for ten dollars. When, I got them home and took a look, I was astounded!”



“These paintings have traveled the world...& found a perfect home.”
- Estherly Allen (pictured)



The paintings range from landscapes of the expansive West African savanna to village scenes alive with daily activities. Fascinated by her artistic windfall, Estherly started a quest to find the history behind it.

After deciphering each artist’s signature, “I called everywhere from Harlem to UC Berkeley—and kept running into dead ends,” she says. “Finally, I found my answer from a helpful librarian at the Smithsonian Museums. “All the artists were traced to the Poto-Poto School of Art in Brazzaville, the capital of the Republic of Congo. Founded in 1951 and still in operation, the school recruits students of all ages, backgrounds and artistic abilities and encourages them to paint the world around them. How the art got from Brazzaville to Milwaukee remains a mystery.

Estherly learned about the Bucyrus Campus and its plans for African decor through her friend and fellow artist Evelyn Patricia Terry, a St. Ann Center supporter. “It thrills me to think of Milwaukee children and adults looking at these paintings and feeling a connection, understanding and pride in the rich heritage of Africa,” Estherly says, adding she hopes they inspire a new generation of artists in St. Ann Center classrooms.



Bucyrus Campus Open House Celebration:
Tues., Sept. 15, we officially untied the ribbon and shared the Bucyrus Campus with the community. At 10 a.m., Mayor Tom Barrett and Alderman Russell Stamper shared their hopes for the new campus. Entertainment for all ages and tours lasted until 4pm.



2015 Gala

Above: Because of friends like you, our gala: A Night of Infinite Possibilities, on July 11, 2015, raised **\$150,000 for our clients!**

Below: On July 25, 2015, our golfers raised \$12,282 for adults at the center. Thank you to all who gave it their best swing!

Stu’s Golf Outing



More photos @ [facebook.com/stanncenter](https://www.facebook.com/stanncenter)

Supporter Spotlight

Saving Smiles

Laura Cherek, director of dental care at St. Ann Center, has a lot to smile about. Thanks to her efforts, the Wisconsin Department of Health Services awarded a grant of over \$270,000 and Delta Dental bestowed a \$150,000 grant* that will be combined to fund a three-chair dental clinic at the new Bucyrus Campus— the first of its kind in Milwaukee.

The clinic, set to open early in 2016, will specifically serve St. Ann Center clients and members of the community of all ages who have cognitive or physical disabilities that prevent them from being treated in standard private practice or community clinics. In collaboration with Bread of Healing Dental Clinic, St. Ann Center will hire their dentist to work at the Bucyrus

Campus clinic three days a week. A full-time hygienist will also be on staff. “Our clinic was designed to have enough room to accommodate wheelchairs and a Hoyer lift,” Laura says.

“I’m hopeful we’ll eventually expand to six or even 12 chairs with multiple dentists and hygienists,” she says. In the meantime, Laura, a registered dental hygienist herself, will stay busy directing the Smiles for Sister Lucille dental hygiene program at the St. Ann Center Stein campus. “I’m averaging 120 brushings a week,” she says. “People really enjoy this one-on-one time.”

****Help us keep smiling!***
Delta Dental is offering to match every dollar you donate to the dental clinic, up to an additional \$50,000.
Donate now at stanncenter.org/donate.



Family Connection

One Fashionable Family

You could say St. Ann Center suits the needs of Julie and Whitney Teska to a T...and vice versa. The husband-and-wife team runs Orchard Street Press, an eco-friendly screen printing and graphic design company that has produced hundreds of custom T-shirts for the Center. And while they’re busy doing that, we’re helping look after their daughter, Elodie, 5, and son, Weston, 3.

“The kids wear their St. Ann Center summer camp T-shirts whenever they go on field trips,” Julie says, adding they get a kick out of telling everyone their mommy and daddy made them. “It’s important for my husband and me to support an organization that takes such good care of our children and our community.”

The Teskas’ press has turned out shirts for Darby’s Dash, St. Ann Center’s pet-friendly run/walk, and family-themed T’s for both the Stein and Bucyrus campuses. A generous percentage of them was provided as an in-kind donation. Julie and Whitney’s business also shares the Franciscan value of reverencing the planet. “We researched inks and cleaners to find the most environmentally friendly,” Julie says, “We care about our customers’ health.”



The Teska Family

The Teska kids are energetic examples of that commitment. “Elodie is a huge fan of St. Ann Center’s pool, and Weston loves the playground equipment,” Julie says. You can check out the Teskas’ stylish line of screen-printed apparel for adults and children at orchardstreetpress.com.

Darby’s Dash: Saturday, October 3, was the second annual pet-friendly run/walk at St. Ann Center. Thank you to Schiro & Zarzynski, Orchard Street Press, The Barkery and all who helped make the event a success. Check out event photos on facebook.com/stanncenter.



Intergenerational Moments

Food that’s Better with Age

If you’re wondering what’s been cooking at St. Ann Center, ask the gourmets at Shepherd House. “We’ve started a Foodies Group where participants explore their culinary talents and try new foods,” says Activity Coordinator Anna Dorsey. “Besides working together on following recipes, our clients remember a time when they were homemakers and bakers themselves.”

So far, the Foodies have tackled cupcakes and Southwestern-style guacamole. Recently, the 3-year-olds from the Dragonfly room joined the Foodies for a cupcake decorating party. Anna reports, both frosting and fellowship were flying. Share your favorite simple recipes with Anna: adorsey@stanncenter.org. She’ll get the ingredients...and the Foodies will supply the love.

Our Buddies Are the Best

St. Ann Center was blessed with 22 enthusiastic young people, ages 11 to 16, who contributed nearly 600 hours of service to six Milwaukee senior centers this summer. The invaluable experience gained through the Buddy Program was summed up beautifully by Rochelle Gage, who spoke at the annual banquet.

“I am the mother of two four-year participants. My sons Geiontae and Geiontee often came home talking about how their elders had shared stories of the good old days and how they’d introduced the adults to Wii bowling... My children have acquired a strong work ethic, experience in team building, problem solving and job skills they can carry into adulthood. But above all, the program has grounded them in the importance of giving back to the community.

“I’m grateful to St. Ann Center for molding our children into shape for everyone’s future. After all, it does take a village.” - Rochelle

The awards banquet, Thursday, August 13th, celebrated the service learning program created through a partnership with the Milwaukee County Department on Aging.



Meatballs, Anyone?

One Meatball is a favorite song for children in the Bumblee class during their music sessions with Hannah. With Miss Mali’s help, it became a delicious intergenerational activity.

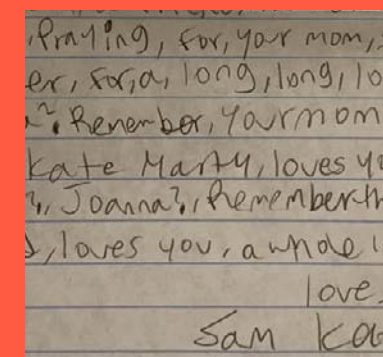


One lunchtime, accompanied by Hannah on the guitar, the class sang the delicious ditty for friends in Senior Wellness. As an encore, they personally delivered one meatball to each member of their audience.

Love Letters - by Joanna, Activity Director

Recently, Sam has been bravely facing life’s obstacles with the help of her friends at the Center. Sam’s father passed away from cancer. Since, if she isn’t playing games with a group, Sam works on her autobiography and writes letters to people. She wrote me such a letter.

My mom has also battled cancer and two years after her treatment, still had not seen a clear MRI. While we anxiously awaited results of the last one, Sam presented me with the letter that ended up being the biggest comfort imaginable. In her simple, concise way, she touched my heart deeply.



“Don’t forget, that, a friend, named Sam Kate is praying, for, your mom...”

I wracked my brain for a way to express my gratitude. Noticing the old notebook Sam used, I got her a journal with an inscription: “the brilliant thoughts and fantastic dreams of Sam Kate.”

The smile on her face is a testament to Sam’s beautiful spirit and just one of the reasons why we are so lucky to have her here at St. Ann Center.



Life Enrichment Opportunities

Caregiver Support Group

Caregivers meet the first Wednesday of each month to discuss the challenges and rewards of providing care for a loved one. **Contact Sr. Joanne Meyer:**

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

Registration is *NOT* necessary for this group.

Place: St. Ann Center Chapel (Stein Campus)

Dates: Wednesday, Oct. 7, Nov. 4, Dec. 2

Time: 1:30 – 2:45 p.m.

Benevolent Touch

Learn how to enhance the quality of life for those with dementia, special needs or sensory loss due to aging. This workshop provides you with the skills to give positive tactile contact to those in need. Hands-on practice is included!

Benevolent Touch Workshop:

Place: St. Ann Center

Date: Friday, January 29, 2016

Time: 9:00 a.m. to 1:00 p.m.

Fee: \$60 – Cost includes a Benevolent Touch Manual (\$20 value)

Instructor: Sandy Anderson, Certified Massage Therapist

To register for Benevolent Touch courses, call Sandy at (414) 977-5056 or email sandya@stanncenter.org.

Parkinson's Support Group

If you, a family member or friend is coping with Parkinson's, consider joining this support group, held the third Tuesday of every month. Many have gained encouragement from meeting with others who have Parkinson's. The meetings provide an opportunity to discuss experiences and feelings and to share solutions to common problems. Snacks and beverages are served.

Registration is *NOT* necessary for this group.

Place: St. Ann Center Board Room

Dates: Tuesdays, Oct. 20, Nov. 17, Dec. 15

Time: 1:30 – 3:00 p.m.

Questions: Call Hattie Goodman at (414) 744-5654

INDOOR MARKET

Saturdays, November 7 to April 30, 2016

9am-1pm | Stein Campus: 2801 E. Morgan Ave.

Features local produce and handmade crafts all in our indoor atrium! [facebook.com/sacfm](https://www.facebook.com/sacfm)

Chili & Jewelry Sale is November 21!

Caregiver Corner



Keeping Holidays Happy: Busy Holidays can be a challenge for caregivers of loved ones. Here are some ways to come through the season with less stress and more joy.

- Include fewer guests rather than more, or stagger visitors a few at a time.
- Schedule gatherings for earlier in the day.
- Use quiet music to keep a calm environment.
- Ask your loved one's preferences and involve him or her in manageable activities like helping prepare food, setting the table or wrapping gifts.
- Substitute new holiday activities for those in which your loved one can no longer participate.

Don't forget about yourself. Put together a list of tasks and responsibilities. So when someone asks, "How can I help?" you have specific ideas.

HOLIDAY PARTY

Plan a holiday party with Sister Edna's Jewelry!

Sister Edna will create a custom collection of jewelry for you and your friends to shop just in time for the holidays. All proceeds benefit those with special needs at the center.

Contact Nick: (414) 977-5087 or nschultz@stanncenter.org

St. Ann Center Aquatic Program

Session 7: Nov. 16 – Dec 23, 2015 (Registration opens Oct. 26)

Session 1, 2016: Jan. 11 - Class days and times to be determined (Registration opens Dec. 14)

Note: Classes are scheduled based on how many sign up for the class. Days and times can vary from session to session. For a complete listing of classes, call (414) 977-5015 or visit stanncenter.org/aquatics.

6-week sessions

\$50/Levels 1-4

Parent/Infant: \$40

Learn-to-Swim Classes (Levels 1 – 4) teach all ages the fundamentals of swimming, including seven different strokes, water safety and survival. Class size is arranged by age and ability. Classes may be combined or cancelled based on enrollment. Class length is 45 minutes and costs \$50 per session. Infant-Parent Swim Monday-5:30 – 6 p.m. Class length is 30 minutes. Cost is \$40.

Registration in person @ 10 a.m.

**Private Lessons are available for those who prefer one-on-one learning. Class length is 30 minutes and costs \$80 for 8 weeks.*

Open Swim is available for anyone in the community.

Monday - Friday, 7:30 - 8:45 a.m.

11:00 a.m. - Noon & 3:00 - 4:00 p.m.

Cost: \$5/person each time

Friday Night Open Swim

Friday night is family night.

Cost: \$5/person; 2 yrs & under free.

Beginning date is to be determined.

Theme Nights:

Friday, Oct. 16: 5 – 7 p.m.

Spooktacular Halloween

Swimming, spooky music, batty raffle for the kids and more

Friday Dec. 18: 5 – 7 p.m.

Holiday Bash - Swimming, holiday music, Santa-sanctioned raffle for the kids and more

Warm Water Movement

Mondays, Wednesdays & Fridays

1 - 1:45 p.m. **Cost:** \$5 per class.

Gentler and slower than traditional aerobics. This is ideal therapy for those recovering from joint and back injuries, surgery or illness.

High Energy Water Aerobics

Thursdays, 6 – 6:45 p.m. **Cost:** \$5

per class. This class works your muscles at an invigorating pace that raises your heart rate & leaves you feeling comfortable and energized!

Arthritis Foundation Aquatic Program

Tuesdays, 7 – 7:45 p.m.

and Thursdays 2 – 2:45 p.m. &

7 – 7:45 p.m. **Cost:** \$5 per class.

Designed for people with arthritis and related diseases, this class can improve flexibility, bone density and muscle tone.

Rent our pool for your parties & field trips! (414) 977-5015.

\$250,000 Cash Raffle

1st PRIZE-\$150,000 Cash!

2nd PRIZE-\$30,000 Cash!

3rd PRIZE-\$20,000 Cash!

4th PRIZE-\$15,000 Cash!

5th PRIZE-\$12,500 Cash!

6-50th -\$500 Cash Each!

Tickets on sale! • Drawing: Saturday, Oct. 24, 2:00 p.m.

To Purchase Tickets

1. Call: 414-985-4600 24HR / 7 DAYS

2. Visit St. Ann Center: 2801 E. Morgan Avenue, Mon. - Fri. 6 a.m. - 6 p.m.

Proceeds support the young, elderly, and people with disabilities at St. Ann Center

License #R10084A-82140

TICKETS
\$50/ea
or
3/\$100



2801 East Morgan Ave.

Milwaukee, WI 53207

www.stanncenter.org

St. Ann Center Hours

Monday through Friday, 6 a.m. to 6 p.m.

Phone Numbers

| | |
|------------------------|--------------|
| Stein Campus: | 414-977-5000 |
| Bucyrus Campus: | 414-210-2450 |
| Aquatics: | 414-977-5015 |
| Child Day Care: | 414-977-5014 |
| Hair & Nail Salon: | 414-977-5021 |
| Massage Therapy: | 414-977-5056 |
| Outpatient Rehab: | 414-977-5005 |
| Respite Center: | 414-977-5033 |
| Shepherd House: | 414-977-5044 |
| Spirituality Services: | 414-977-5077 |
| Volunteer: | 414-977-5034 |

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DATES TO REMEMBER

| | |
|------------|--------------------------------------|
| Oct. 3 | Darby's Dash Pet-Friendly Run/Walk |
| Oct. 7 | Caregiver Support Group |
| Oct. 9 | Jewelry Sale (County Courthouse) |
| Oct. 16 | Family Halloween in the Pool |
| Oct. 20 | Parkinson's Support Group |
| Oct. 21 | Clear the Clutter Session |
| Oct. 24 | Charity Cash Raffle Drawing |
| Oct. 26 | Aquatic Session 7 Registration Opens |
| Nov-Dec 18 | Center Stage Talent Show Auditions |
| Nov. 4 | Caregiver Support Group |
| Nov. 7 | Indoor Market Begins on Saturdays |
| Nov. 16 | Aquatic Session 7 Begins |
| Nov. 17 | Parkinson's Support Group |
| Nov. 21 | Jewelry & Chili Sale |
| Dec. 2 | Caregiver Support Group |
| Dec. 5 | Santa Visits Indoor Market |
| Dec. 14 | Aquatic Session 1 Registration Opens |
| Dec. 15 | Parkinson's Support Group |
| Dec. 18 | Family Holiday Night at the Pool |
| Jan. 11 | 2016 Aquatic Session 1 Begins |
| Jan. 29 | Benevolent Touch Workshop |

An Exceptionally Handy Man



With 10 years at St. Ann Center under his tool belt, Chris Jackson, vice president of building and grounds, was ready for a challenge—and an 80,000 square-foot one at that.

As the owner's representative on the Bucyrus Campus project, Chris collaborated with architects, engineers, contractors and construction crews to make the new facility a beautiful, accessible and welcoming place.

“Chris was also instrumental in helping us secure almost \$4 million in tax credits from the federal government, without which the project wouldn't have gotten off the ground,” adds John Glaser, St. Ann Center's Investment Officer. “He did this while working full-time at his regular job at our south side facility (overseeing the reception desk, aquatic center, building maintenance and housekeeping) without missing a beat.” Thanks, Chris, for helping St. Ann Center build a dream-come-true.