

St. Ann Center's SEASONS OF LIFE

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

Spring Issue #31
Quarterly Newsletter
Apr. - May 2016

*"Mom's happy,
and my life's in
balance." - Pat*

*Photo by Front
Room Photography*



Mother's Day, Every Day

Pat Hightower had never known her mother, Lois, as an artist—until dementia introduced her to a whole new side of the woman who raised her.

"Mom loves to paint now...especially sailboats," says Pat, 52, a working mother, foster parent and caregiver to her 74-year-old mother who is a client at St. Ann Center's Bucyrus Campus. "She always loved driving to the lakefront. She'd relax by watching boats on the water."

Those escapes to the lake stopped when Lois was diagnosed with dementia in 2011 and moved in with Pat and her grandchildren. "At first, we thought she was just becoming forgetful," Pat says about the subtle changes

in her mother. "Then, I had to start child-proofing the house to keep her from getting into things." What disturbed her, Pat says, "My sociable mother, who was always active, was bored."

Last October, Lois and Pat toured the Bucyrus Campus' adult day care. They liked what they saw. "I can tell Mom looks forward to going to St. Ann Center," Pat says. "She's up early, and ready for her transportation. I go to work knowing she's safe and busy."

What keeps Lois busy is suitable for framing. "She expresses herself beautifully through art," says Bucyrus Campus Activity Director Wanda Gray. "What's going on in her head flows right out of her paintbrush." Lois and other adult clients are part of the Alzheimer's Association Memories in the Making art program, offered at the Bucyrus Campus.

Pat appreciates how St. Ann Center helps her mom socialize, and the healthy work-life balance it provides her as a caregiver. "Most of all, I'm glad I can still be very involved in my mother's care," Pat says about her commitment to supporting Lois as her dementia progresses. "This is my mother, and caring for her is my most important job. That will never change."



**Lois' artwork
from the
Memories in
the Making
Program.**





Dear Friends,

Another quarter has passed, and St. Ann Center is transitioning into a very mature organization. We continue to reach out to a wonderful population—our frail elderly, people with disabilities and young children who are so open to learning what life is all about. When I think of our potential, the familiar tale of “Sleeping Beauty” comes to mind. As you’ll recall, it’s about a princess who, under the spell of a disgruntled fairy, pricks her finger on a spinning wheel spindle and falls asleep for 100 years. I believe there’s a bit of Sleeping Beauty inside all of us just waiting to be awakened.

St. Ann Center is continuing to emerge as an organization that deeply touches the people and communities we serve, helping to awaken the many gifts that lie dormant. We never stop growing, as we build and remodel St. Ann Center’s two campuses into places of warmth, beauty and transformation. At the south side’s Stein Campus, we are working on refurbishing the whirlpool bathing area for adults and the outdoor playground for infants and toddlers so they can be enjoyed this spring. At the north side’s Bucyrus Campus, we are opening a medical clinic and a unique dental clinic serving people with severe disabilities who have been unable to receive preventative dental care. Also at our new campus, we are focusing on completing a comfortable care space designed for people with Alzheimer’s and other forms of dementia, and a heated, handicap-accessible swimming pool. This new pool will offer freedom of movement for people with disabilities and will give preschool children the chance to learn to swim by age five—a truly lifesaving opportunity.

At St. Ann Center, we wake up each day to new ways to assist people with special needs so that they can better navigate in their world. Our eyes are constantly opened to exciting ways we can give our children a healthy start. With a very human touch, our nurses, CNAs, early childhood teachers and other staff inspire joy and provide quality of life for all the children and adults in our care.

Unlike Sleeping Beauty, we don’t have to rely on a prince’s kiss to awaken St. Ann Center, and we certainly don’t have to wait a century for our dreams to be realized. By working together, we are revitalizing not only our organization, but the remarkable Milwaukee neighborhoods we serve. Every one of us has the power to be part of this amazing awakening!

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*A ministry of the
 Sisters of St. Francis*

STEIN CAMPUS

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

BUCYRUS CAMPUS

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

Wishlist

ACT mouthwash
 Aromatherapy items
 Bath blankets
 Blank CDs
 Blanket warmer
 Blood pressure kit
 Ceramics

Toothbrushes
 Children’s toothpaste
 Costume jewelry
 Dishes
 Music therapy supplies
 Egg shakers
 Pencil sharpener
 Nail polish & remover
 Food processor

Games
 Hand lotion
 iPods/headphones
 Kitchen & bath towels
 Knickknacks

View more online at:
stanncenter.org/wishlist

Wishes Granted by Anthem

Hundreds of wishes came true at St. Ann Center thanks to the generosity of Anthem Blue Cross and Blue Shield Medicaid Health Plan.

“I felt like a millionaire!” says Casey Rozanski, St. Ann Center’s Vice President of Fund Development and Marketing, describing the shopping spree a donation from Anthem made possible.



“We understand that a person’s health and wellbeing are influenced by many factors—some of them social.

BINGO! Fun, inexpensive bingo prizes are always welcome at St. Ann Center. They keep adults engaged and excited during the activity.

“There is a warmth and sincerity to the atmosphere and staff of St. Ann Center,” says Veronica Parker, Anthem’s Community Relations Representative. “We love the intergenerational focus and the sense of community and breaking down of barriers. It’s a great organization for our Health Plan to support.”

The donation was used to purchase much-needed items on the adult day care wish lists of both the Stein and Bucyrus campuses. Besides practical items, such as bath sponges and clothing protectors, “we were able to stock up on art and craft supplies and even purchased a DVD player,” Casey says. The gift also ensures that shouts of “bingo” will keep ringing out at Shepherd House, which serves adults with Alzheimer’s and other forms of dementia. “They had cut back on bingo games due to lack of prizes,” Casey says. “This donation helped us buy hats, scarves, socks, stuffed animals, puzzles, word search books and small games. So now the clients will be back to playing bingo twice a week.”

Anthem Blue Cross and Blue Shield Medicaid is happy to provide simple pleasures like these, Veronica adds. “We understand that a person’s health and well-being are influenced by many factors—some of them social. We are thrilled we can meet these important needs.”

At Your Service

Dental and Medical Clinics Open at Bucyrus Campus

Not many people jump for joy at the thought of going to the dentist. But when Jodie Tyler heard about the new dental clinic at St. Ann Center’s Bucyrus Campus, she could hardly wait to make an appointment.

Jodi, who lives with her sister, Julie, and brother-in-law, Bill, has Multiple Sclerosis. Now dependent on a wheelchair, her mobility is limited. “Getting Jodi out



Jodi, Laura (director of dental care) & Little Joe

of her wheelchair and into a dental chair would be impossible in a traditional dental office,” Julie says. “This new clinic is an amazing gift St. Ann Center is giving to the community.”



The Gardetto Family Community

Dental Clinic serves St. Ann Center clients and members of the community of all ages who have moderate to severe physical or cognitive disabilities.

“For years, Jodi and I have searched for in-home dentists and clinics that serve special needs,” Julie says. “The closest, in Madison, had a waiting list.”

Jodi regularly comes to St. Ann Center’s Stein Campus for whirlpool baths and massage. Laura Cherek, director of dental care at St. Ann Center, has also worked with Jodi, giving her tips on brushing. “When Laura told us about the new dental clinic, Jodi got the biggest smile on her face,” Julie recalls. Equipped with a Hoyer lift, the clinic’s dentist and hygienist can comfortably help Jodi into the chair.

“We’re excited to be able to fill this huge gap by providing dental care to the people who need it most,” Laura says. The clinic (above), set to open in spring, has the capacity to serve 50 clients per week.

Caregiver Corner

“Keep calm and carry on” is a useful mantra for caregivers. But being calm is difficult when the receiver of your care reacts with anger or unwillingness to cooperate. Often, this behavior is an expression of fear or feeling overwhelmed. To keep upsetting behavior to a minimum, establish a routine for your loved one, give simple directions, and make sure he or she gets enough sleep and healthy food. Also, take care of yourself by requesting very specific help.

More than Just a Job

When Karen Lattimore Rogers looked out the window of her near north side home last spring, she thought, “Oh, what a beautiful condo!” She never dreamed the construction site she was looking at would become the answer to a prayer.



Karen is now a lead teacher in the “condo” that actually turned out to be St. Ann Center’s Bucyrus Campus. “My family has lived in this neighborhood for 15 years,” Karen says, adding that both she and her husband, Donald, had previously worked in the suburbs. “I’d been praying for a job that would let me be of service in my community. Now I’m working just blocks from home.”

With years of experience in childcare, Karen is a teacher in the Zebra Room, working with children in Head Start, a collaborative program with Next Door Foundation. “It’s exciting to see how quickly our enrollment is growing,” she says.

The mother of two grown sons, Karen appreciates the struggles many inner city parents are facing. “They are working full-time, going to school, or both, and they appreciate having St. Ann Center so close,” she says. “They’re also big fans of the intergenerational model.

“It is a true blessing to be able to come to work knowing that I can contribute to my community and watch our children succeed,” she says. “I thank the Lord every day for this opportunity.”

Baking Memories

A slice of banana bread gave Anna Dorsey, Shepherd House activity coordinator, some food for thought.

“Marilyn’s family gave us some loaves for Christmas, made from her own special recipe,” Anna said, explaining how Marilyn, a Shepherd House client, had taught all six of her now-grown daughters to bake. “Knowing how much she loved being a homemaker, I thought I’d try recreating those happy times here.”

With a batch of eager 4-year-old helpers from the Bumblebee classroom, Marilyn cooked up this taste bud-tempting recipe:



Marilyn’s Famous Blonde Banana Bread

2 eggs
½ cup butter (or margarine)
2 cups sugar
2 to 3 very ripe bananas
2 cups all-purpose flour
½ teaspoon salt
1 teaspoon baking soda

1. Preheat oven to 300°.
2. In a large mixing bowl, cream together eggs, butter, sugar and bananas.
3. Mix in flour, salt and baking soda.
4. Pour into two greased 9-in. x 5-in. loaf pans. Bake at 300° for 1-1/3 hours (check at 1 hour) or until a toothpick comes out clean. Cool on wire rack. Yield: 2 loaves or 4 mini loaves.

Birthday Presence

When it comes to throwing a surprise party, St. Ann Center pulls out all the stops.



Kathy Berres, a former client at Shepherd House, was the guest of honor at a special birthday bash that came complete with a giant cupcake and boa. Breaking the barriers of dementia, “she recognized her friends and talked and laughed just like old times,” says Joanna Kuzba, activity director and intergenerational coordinator. That was the best gift of all.



In Loving Memory

“Anna was a living example of Franciscan values, & she did it effortlessly...”

-Joanna Kuzba

Anna Dorsey served as Shepherd House activity director. She unexpectedly passed away in January and is missed by all.



Tot Lot Gets a Makeover

Having fun is child's play at St. Ann Center. And to keep it that way, the childcare program is working hard on plans to update the Stein Campus tot lot. The goal is to start revamping the playground this spring, right when tiny feet are itching to go outside.

The tot lot, which accommodates infants up to 24 months old, is key to children's development, says Stein Campus Vice President of Education and Childcare Mary Joas. "It gives them a safe place to explore, to stretch their legs and arms and play off their excess energy," she explains. "It also puts them in contact with nature, weather and sensory experiences that can't be replicated inside."

The State of Wisconsin requires all accredited childcare centers to provide at least 60 minutes of outdoor play every day, weather-permitting. The present tot lot has a natural grass surface that tends to bog down the fun. "On rainy days, the lot becomes muddy and uneven, making it difficult for the children to feel secure on their feet," Mary says. "We plan to complete a synthetic

soft surface. This will give the children a supportive foundation to practice crawling, standing, walking and running." The surface will also eliminate the need for grass maintenance. New playground equipment will be installed in the lot that is used by 40 children a week.



The tot lot is a prime spot for cooling off in the pool.

The pieces will include climbers, slides, a playhouse that gives opportunities for cooperative play and a sensory table where kids can investigate new substances—from water to sand to snow. Most of the equipment will be movable to make the play area flexible.

**Help with our FUN-raiser.*

Renovating the tot lot will cost \$35,000. Donate to childcare now at stanncenter.org/donate.



Rachel (far left) is happy to be Erica's "Buddy"

Buddy Addresses Commission on Aging

In 2015, St. Ann Center was energized by 90 young people, ages 11 to 15, who contributed more than 950 volunteer hours to seven senior centers through our Buddy Program.

Rachel Sepulveda, a 12-year-old Buddy, spoke before the Milwaukee County Commission on Aging, giving her definition of what "intergenerational" is all about.

"I volunteered at St. Ann Center," says Rachel. "When I met Erica, she was putting together a puzzle. It took me a while to realize that she was almost blind and doing the puzzle by touch. What amazed me was that she was already halfway through and didn't need me to help her—but she reached out and allowed me to join her.

"Because of the Buddy Program, I will never look at older or disabled people the same way. I have learned they are people with incredible imaginations and hidden talents. The Buddy Program has shown me just how valuable all of our lives are."

Photo Recap:

Band Shell Build Up



On Saturday, Jan. 30th, over \$500 was raised for the future Indaba Band Shell. Learn more: stanncenter.org/bandshell

Photo Recap:

Center Stage Talent Show



Presented by WaterStone Bank, the third annual Center Stage Talent Show raised \$12,800 and was attended by more than 100 friends at Turner Hall Ballroom. View the winner and event recap at facebook.com/stanncenter.



Upcoming Events

Fulfilling the Dream Gala



SAVE THE DATE: July 22, 2016, for the 12th annual gala. This exciting event will be at Chrome, Harley-Davidson Museum's seasonal event venue. For more information visit: stanncenter.org/gala

Stu's Golf Outing



SAVE THE DATE: July 30, 2016. Celebrate the 15th year of the golf outing with us! Enjoy a day of golf, dinner, prizes & raffle tickets. For more information visit: stanncenter.org/golffouting

Stay up to date on St. Ann Center's events: stanncenter.org/calendar

Celebrating a Year of Mercy

NEW
Inside...

Client Recipe

- kid tested -
 for you to try
 at home!

*Plus, stories from
 both campuses!*



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 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

CALENDAR UPDATES

- April 6 Caregiver Support Group
- April 15 Family Fun Night at the Pool
- April 18 Aquatic Session 3 Begins
- April 19 Parkinson's Support Group
- April 21 Benevolent Touch (BT) Workshop
- April 22 BT National Instructor Certification
- April 30 Indoor Market & Rummage Sale**
- May 4 Caregiver Support Group
- May 7 Charity Cash Raffle Drawing**
- May 17 Parkinson's Support Group
- May 30 Both Campuses CLOSED**
- June 1 Caregiver Support Group
- June 3 Family Fun Night at the Pool
- June 6 Aquatic Session 4 Begins
- June 21 Parkinson's Support Group

More at: stanncenter.org/calendar



***Intergenerational Award
 and Global Conference
 Come to Milwaukee***

MetLife Foundation and Generations United will recognize the City of Milwaukee as a one of their 2016 Best Intergenerational Communities on April 19 in Washington DC!

Also, partnered with Generations United, St. Ann Center will co-host their 2017 Global Intergenerational Conference, June 13-16. The four-day event is the premier gathering for anyone interested in intergenerational programming and education. Visit guconference.org for updates!