

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.

Summer Issue #32
Quarterly Newsletter
July - Sept. 2016

Melody Lends a Paw

When Christine walks in the door of Shepherd House, St. Ann Center's Alzheimer's and dementia care unit, she's welcomed with a cold nose and wagging tail. "She's just like my Mack," Christine says softly, her eyes misting over as she strokes the silky coat of her greeter, Melody.

Christine's husband and caretaker, Richard, explains that Mack, a collie, was his wife's constant companion. "Having a dog at St. Ann Center is a real asset," he says, because of the calming effect Melody has on Christine.



"It's so satisfying when caregivers tell me what a joyful difference Melody makes in their family members' lives, just by being a dog," - Sherry

Just 1-1/2 years old, Melody is a 73-pound bundle of furry energy. Sherry Husa, Melody's owner, drops off her sociable golden retriever at the Stein Campus on her way to work as president and CEO of Managed Health Services, a longtime supporter of the Center. "I started bringing Melody here so she could get used to having wheelchairs and walkers around her," says Sherry. "She senses who needs her and runs right to them—putting her head in their lap or licking their hand until she gets their attention."

After Melody has made her rounds at Shepherd House, she makes a beeline for the Center's beauty salon next door. "She knows right where I keep her treats," says beautician Carol Steinke, a lifelong dog lover. Each biscuit is well-earned, she confirms, "Melody puts a smile on all my customers' faces."

One client who Carol vividly remembers was in the late stages of Alzheimer's. "Her family wanted me to trim her hair, but she was too agitated to sit in a salon chair. So they took her back to Shepherd House," Carol says. Melody immediately sat down at her feet. The woman leaned forward and hugged her, perfectly content. "I was able to cut her hair while she was holding the dog," Carol recalls. "It was like magic."

Animals can reduce pain, anxiety, depression and fatigue in people of all ages and the Center is lucky to have such great pet volunteers as part of our family.

Celebrate the power of pets with us Saturday, October 1 at Darby's Dash, our pet-friendly 5k/1-mile fun run/walk. Details online: stanncenter.org/dash

**STEIN CAMPUS
 BOARD OF DIRECTORS**

James Gormley, *Chair*
 Craig Mackus
 Doug Barnes
 Jacqueline Herd-Barber
 James Lenahan II
 Jim P. Lenahan
 Linda Grunau
 Marjorie Singer
 Peter J. Kordus
 Praveen Rao
 Raejean Kanter
 Ronald K. Malone
 Sherry Husa
 Sr. Ann Kelley, OSF
 Sr. Sue Felice, OSF
 Susie Jelich Nevins
 Theresa D. Jones
 Timothy W. Sullivan
 William K. Reilley, Sr.

**BUCYRUS CAMPUS
 BOARD OF DIRECTORS**

James Gormley, *Chair*
 Bishop Walter Harvey
 Barbara Wyatt Sibley
 Craig Mackus
 Fr. Bryan Massingale
 Rev. Joseph Jackson Jr.
 Rev. Richard D. Shaw
 Sr. Ann Kelley, OSF
 Tabatha Jordan
 Una Van Duvall

HONORARY BOARD

Dave Hamacher
 Ellie Hays

PRESIDENT

Sr. Edna Lonergan, OSF

LIAISON

Sr. Joanne Schatzlein, OSF

ADMINISTRATIVE TEAM

Sr. Diana De Bruin, OSF
 Sr. Marcia Lunz, OSF
 Sr. Sylvia Anne Sheldon, OSF

*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

Letter from the President

The other day, as I was walking around the building at the Stein Campus, opened in 1999, I noticed how worn the staircase is getting.



As I looked at it, I thought of all the amazing experiences that have happened on those stairs.

The once pristine white spindles are graying, from thousands of little hands holding onto them for balance. The carpeting is threadbare in spots where the children have climbed up one stairstep at a time, eased down on their fannies, and eventually walked proudly up and down, just like the grown-ups. The older adults have achieved greatness on this staircase, as well. Some who have had a stroke or aneurysm have used them as they relearned how to walk and climb. Even Asha, our 12-year-old pet volunteer, maintains her agility by following her “mom” up the stairs. It’s a wonderful staircase, but it needs repair for future generations.

As I continued my walk, I found other spaces with the same signs of aging—our toddlers’ overworked outdoor play area, a couple of well-trodden floors in childcare classrooms, and the bathing area for adults where wheelchairs, walkers and chairlifts have banged, bumped and bruised our changing and tub rooms.

As we continue to raise funds to build extraordinary spaces at our north side Bucyrus Campus, we need to keep both places looking beautiful and inviting. So, the wishlist in this newsletter is a little different. We still need the crayons, paints and storybooks, but occasionally, we need to take care of the bigger needs—such as new shingles for the roof. Any dollar amount toward any of the items on the wishlist is deeply appreciated. As has been our history at St. Ann Center, we are grateful for all donations, large and small. Both make a big difference in keeping us strong.

Thank you for your consideration as we continue to plan our future of caring for loved ones of all ages.

Wishlist

Surfacing for toddler playground	\$5,000
Classroom equipment (2 rooms)	\$2,000/each
Toddler indoor playground equipment	\$7,000
Re-roofing	\$10,000
Front entrance repair	\$5,000
Tub room repairs	\$25,000
Shade trees for playgrounds (12)	\$500/each
Carpeting (2 adult day care rooms)	\$10,000/each

Donate securely online: stanncenter.org/donate





Supporter Spotlight

Moore Oil Walks the Walk

Scott Haag learned a lot from his mother, Lois Chase. She taught her family the importance of service and giving back—a lesson that became even more powerful as they journeyed with her through Alzheimer’s.

In her honor, Scott, CEO of Moore Oil, funded a state-of-the-art wandering path that will be the focal point of a specialty Alzheimer’s and dementia care unit at St. Ann Center’s Bucyrus Campus. “We thought this would be a wonderful way for her name to go on while helping other families impacted by Alzheimer’s,” says Scott’s wife, Linda.



The path will be constructed as a circular track. Life skills stations will be set up around the circle that resemble places people might have spent time in. For example, a soil-filled planter will give them a hands-on chance to recall the earthy pleasure of gardening. And a table topped with mixing bowls and measuring cups will conjure memories of cooking for family.

Longtime St. Ann Center supporters, Scott and Linda have shared their talents and passions with the Center in various ways. Linda was a vendor at the Indoor Market and is grooming their dog, Charlie, to be a pet volunteer.

“As a family, and as a company, we like to give back to our community,” Scott says. “Sister Edna has put a stake in the ground through intergenerational care,” Linda adds. “We’re honored to be a part of that work.”

At Your Service

Music Is for Everyone

Marching to the beat of a different drum is encouraged in Hannah Goodness’ music classes. All that matters to this music therapist is that everyone is part of the band.

In Hannah’s treasure trove of musical instruments are several specially adapted for people with physical limitations. “We have a transverse mallet for people who love playing drums, but aren’t able to turn their wrists,” Hannah says, demonstrating a lightweight mallet with a cork head and handle grip that can be held by people with restricted hand and arm mobility.

Other adaptive instruments include jingling bells that can be Velcroed to a wrist, a mini maraca that slips into a permanently clenched fist and a foot tambourine that fits over the toe of a shoe.

“That’s a great tool for clients with the goal of exercising their legs,” Hannah notes. “I also use

extra-large guitar picks with clients who can’t pinch small ones between their fingers.”

Music is therapeutic to people of all ages and abilities, Hannah says, “You don’t need to process it—you just respond to it. Our clients rock to it, clap with it... even the smallest babies move when they hear music.”



Micah using adaptive mallets to drum along to Queen.

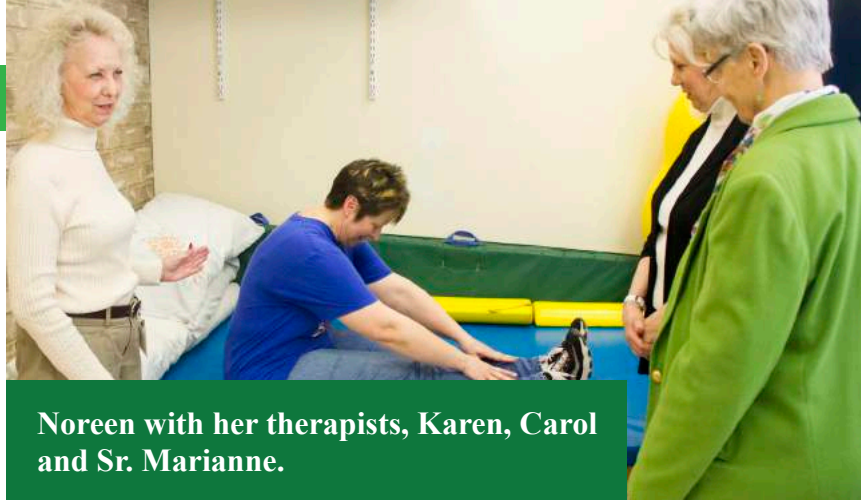
Road to Success

When Noreen first drove to the Stein Campus and saw a “No Thru Street” sign, she thought she’d made a wrong turn. But actually, St. Ann Center would take her life in a new direction.

“Three years ago, I was working as a part-time driver for a transit company,” Noreen says, remembering pulling up to the Center’s entrance in her van. “When I brought the client inside, I was so impressed. There were three people waiting to greet her, and children and adults going in every direction.”

Just three months later, Noreen, then 48, had a stroke that affected mobility on her left side and her vision, followed by another blow, when she was diagnosed with Multiple Sclerosis. “It was hard,” she says. “I couldn’t drive, and I couldn’t take care of people—both things I loved doing.”

When her doctor prescribed physical and occupational therapy, St. Ann Center came to mind. “I didn’t like the idea of going to a big, impersonal hospital,” she



Noreen with her therapists, Karen, Carol and Sr. Marianne.

says, explaining what brought her to the Center’s therapy department. “The staff gave me one-on-one attention, and personalized the exercises to fit my needs.”

Occasionally, Noreen would talk to her therapists about the frustrations of dealing with her chronic illness. “They told me about Sister

Marianne,” she says, referring to Sister Marianne Muscott, OSF, a licensed pastoral psychotherapist and spiritual director at the Center. “She’s been wonderful...listening to me and offering feedback on issues I’m facing,” Noreen says. “This place is a real blessing. I’m finding me again.”

“It was surprising to find a place that meets so many needs...a real hidden gem!”



Works of Heart

Professional artist Will Hughes isn't only talented at bringing an image to life with a paintbrush. He draws out the very best in people, too.

Volunteer View

Weekdays, you'll find him at St. Ann Center's Bucyrus Campus teaching older adults to express their thoughts, emotions and memories with watercolors.

"They really enjoy being creative through art...for some, for the first time in their lives," Will says, pointing out colorful examples of clients' work on display in the gathering room. "You can see a real sense of pride and satisfaction when their pictures are completed."

When he's not at St. Ann Center, Will is likely in his home studio creating art of his own. "I feel my art is better because I've been teaching these great people," he says, explaining his special connection with the students and how they inspire one another. He couldn't find more affirming students. "Some have told me they look forward to getting up in the morning so they can come to my class."

Milwaukee's the Best!

Milwaukee is known for many things, but recently earned an exciting new title. The City of Milwaukee is the recipient of the 2016 Best Intergenerational Communities Award.



Sponsored by MetLife Foundation and Generations United, the award recognizes Milwaukee for its leadership and innovation in creating positive and

productive bonds between people of all ages. The award application was co-authored by the Office of Mayor Tom Barrett and St. Ann Center. More than 60 organizations were spotlighted in Milwaukee's application. Eastman Community Association of Grantham, New Hampshire, was also recognized.

During a March visit to St. Ann Center announcing the award, Mayor Barrett addressed an audience that ranged from babies in strollers to older adults using wheelchairs. "We're at a time when so much of what we're trying to do as a city is teach respect for others," Mayor Barrett said, citing St. Ann Center as a place where that happens on a daily basis.

In April, a Milwaukee delegation accepted the award in Washington, D.C. and met with representatives of Senators Ron Johnson and Tammy Baldwin regarding the importance of intergenerational programming.

NEXT UP: The 2017 Global Intergenerational Conference, co-sponsored by Generations United and St. Ann Center, is less than a year away! For more on how you can be part of the June 13-16, 2017 conference, contact Cathy Feldkamp (414) 977-5028 or cfeldkamp@stanncenter.org.

At Your Service

Healing Waters

"I'm so happy to be in the water." - Sally told Aquatic Center Director Nicole Michalak.

Sally uses one of the recently purchased floating chairs, designed for people in wheelchairs. "The chairs let them float independently, so they can kick their feet, paddle with their arms and participate in water activities," Nicole says. "Or they can float and relax." Because of the chairs, Nicole no longer has to help support each client in the water, so more can swim.



Caregiver Corner

The most difficult part of caregiving is being honest with our feelings and open to learning from them. Depending on the situation, we can feel hope, guilt, discouragement, joy or frustration. When things are going well and the care-receiver seems content and healthy, we're hopeful that the situation is improving. At other times, frustration takes hold: we want to make things better and no matter what we do, they do not improve. It is easy to be discouraged and feel there is no hope for change. Soon we find ourselves feeling guilty because we are not meeting demands. We begin to lose perspective.

Feelings can be like a roller coaster for caregivers. We need to be honest with ourselves. Only when we take time to replenish can we continue to give to others. Support groups offer an outlet and a resource for dealing with feelings of all kinds.

Reading, Writing & Relating

Children flock around Tonya like chicks to a mother hen as she reads a poem about family. “My momma and daddy were both from the South,” she tells the 3 year olds sitting cross-legged before her. “They had strong hands that were always busy...always working. Can I see yours?” Dozens of tiny hands reach toward the ceiling.

Tonya is one of the adult clients who crave the day Literary Club meets at St. Ann Center’s Bucyrus Campus. Held weekly in the adult day care unit, the club aims to help its members hold on to reading and writing skills that may be diminishing due to age, illness or memory loss. “We start out writing the alphabet, and then move on to names, words and sentences,” says Activity Coordinator Wanda Gray. Reading materials range from newspapers to simple books.



“Socializing is a big part of it, too,” Wanda adds, describing lively conversations among clients about what a story meant to them. Never stuffy, Literary Club really gets interesting when the childcare children arrive. “The little ones get such a sense of accomplishment when they can read to adults,” Wanda explains. “One little boy read a storybook aloud cover to cover. When he saw the excitement on the adults’ faces, he read it all over again!”

In the News

Who says there’s no good news on TV? St. Ann Center was covered by two local television stations, producing segments that bring the Center’s unique mission to life.

Mike Strehlow of CBS58 sat down with Sister Edna for an in-depth interview that was featured on the Sunday Morning Spotlight. Filmed at the Bucyrus Campus, the segment focused on the history and replication of St. Ann Center’s intergenerational model. “The hand of God is in this project,” Sister Edna told Strehlow.

Brian Kramp of Fox6 visited the Bucyrus Campus to experience how karaoke is used to bring the generations together. His story was featured on Studio A. “Music is that element that brings everybody together,” Activity



Director Wanda Gray explains. “The adults start moving, and the children are encouraged when they see the adults looking at them, laughing and applauding. There’s an energy here that we can’t describe.”

Hall of Friends

Four new names have been added to St. Ann Center's Hall of Friends. This special award recognizes people who have dedicated their time, talent and passion to furthering St. Ann Center's mission of serving the underserved and ensuring quality of life for people of all ages. This year's awardees include Tim Sullivan, chair of the Center's capital campaign; Vivian Sullivan, a devoted Care Champion, assisting clients in most need; Carol Cannon, co-host of St. Ann Center's Fulfilling the Dream Gala, and Bishop Walter Harvey of Parklawn Assembly of God, who is spearheading fundraising for of the Indaba Band Shell at the Bucyrus Campus.



Stu's Golf Outing

A Hole in Wonderful Day

When Steve Ulik decided to take a swing at hosting a golf fund-raiser, he never dreamed it would bring in nearly \$90,000 for St. Ann Center.

Stu's Flooring Benefit Golf Outing is an 18-hole family affair. The event evolved from the close-knit family's annual summer picnic that always featured a day on the links. "We have so many golfers, Steve figured we should try putting together an outing for charity," his mother, Stephanie, explains. Since he had grandchildren enrolled at the Stein Campus, St. Ann Center immediately came to mind. That instinct has carried the event for 15 years. "It's great doing something to help St. Ann Center, and having fun while we're at it," Stephanie says.

Featured Fund-raisers

Join us
FOR A GALA

THAT WILL LIFT
your spirits &

TOUCH YOUR
heart♥

Friday, July 22



12th Annual Fulfilling the Dream Gala
RSVP online: stanncenter.org/gala

Gospel Showcase: Chicago Mass Choir
Friday, July 29, at Parklawn Assembly of God
\$20 | Purchase tickets at either campus
Indaba Band Shell Fund-raiser
(414) 210-2490 | stanncenter.org/bandshell



Join the club!

To play in the golf outing, contact:
Casey Rozanski at 414-977-5062 or
crozanski@stanncenter.org. For more
information visit: stanncenter.org/golfouting

Celebrating a Year of Mercy

RSVP
Inside...

**Three summer
 fund-raisers**
 to suit everyone's
 - tastes -

*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*

CALENDAR UPDATES

- July 6 Caregiver Support Group
- July 19 Parkinson's Support Group
- July 14 Charity Cash Raffle #2 on sale
- July 22 Fulfilling the Dream Gala**
- July 29 Family Fun Night at the Pool
- July 29 Gospel Showcase**
- July 30 Stu's Flooring Benefit Golf Outing**
- August 3 Caregiver Support Group
- August 16 Parkinson's Support Group
- September 5 Both Campuses CLOSED*
- September 7 Caregiver Support Group
- September 20 Parkinson's Support Group
- September 23 Family Fun Night at the Pool
- September 29 Benevolent Touch (BT) Workshop
- September 30 BT National Instructor Certification

More at: stanncenter.org/calendar



*Dance for Justice!
 Dance for Peace!
 Dance with Wonder!
 Dance with Joy!
 Move with Grace –
 Delight in God –
 All LIFE Embrace!*

- Sr. Adele

In Loving Memory

In March, St. Ann Center lost a beloved member of our family, Sister Adele Thibaudeau, OSF. For more than 30 years, Sister Adele shared a home and ironclad friendship with Sister Edna Lonergan. "Adele was a champion of social justice on every level," says Sister Edna. "To me, she was utterly kind and supportive." Naming St. Ann Center among her passions, Sister Adele brightened every Center fund-raiser and special event with her smile and joyous spirit.