

# St. Ann Center's SEASONS OF LIFE

People of all ages and abilities spend the day at St. Ann Center because of your support. These are the stories of our joyful intergenerational community.

## The Soul of a Poet

Raised on the rural outskirts of Mobile, Alabama, Marguerite was introduced to poetry as a girl by her local librarian. She carried a fascination for words to Stillman College, where she earned a teaching degree, and later to Purdue University, where she studied neonatal nursing. "I so loved teaching little ones and caring for those tiny babies," Marguerite remembers. "Children are my calling."

Life changed for Marguerite 12 years ago, when a series of strokes weakened her body and memory – but not her spirit. She moved in with her daughter, Carol, who recalls that Marguerite "was still fiercely independent," but couldn't take care of herself. A counselor suggested Marguerite would benefit from days at St. Ann Center. "When Mom saw the children...well, she was in love. I don't know what she'd do without them."

The staff in Shepherd House, the center's Alzheimer's and dementia care unit, was quick to pick up on Marguerite's way with words. "One day, she came home with a notebook they'd made for her, filled with poems by Robert Frost and Maya Angelou," Carol says. Before long, Marguerite began doing poetry readings for St. Ann Center's adults and childcare youngsters.

"I ask the children what a poem means to them. Then, I tell them they can turn words into a poem all their own" Marguerite says, "And my, they are so smart."

**If you ask Marguerite how she's doing, she'll smile and tell you, "I'm as fine as summer wine." Just the kind of answer you'd expect from St. Ann Center's poet laureate.**

**"She's a natural storyteller," says Carol McQuay, caregiver to her 89-year-old mother who is a client at the Stein Campus. "Poetry just makes her light up."**



### HEAR MARGUERITE

**She stars in our new video, "What if No One Has to Be Alone?" Listen to her read *The Little Boy and the Old Man* by Shel Silverstein online at: [stanncenter.org/no1alone](http://stanncenter.org/no1alone)**

## Dear Friend,

In October of 2016, a small group of staff members, volunteers and I visited Cameroon, Africa. For 13 years, St. Ann Center has been developing a global intergenerational outreach there through our Goat & Chicken Fund. Proceeds from this fund purchase small livestock that go to the elderly of Cameroon who have lost their adult children to AIDS, malaria and other illnesses and now must care for their grandchildren.

During my first visit in 2003, I met with the Tertiary Sisters of St. Francis and the elders of the village of Shisong. They were too frail to grow food. As a result, their grandchildren lacked adequate nourishment, clothing and shelter, and could not attend school. When we asked the elders if they could handle raising chickens and goats, they enthusiastically said yes.

Each time we travel back, we see life-changing progress. During our recent trip, as we drove into a village, we were greeted by 300 grandmas and grandpas lining the dirt road. They were smiling and singing songs of welcome and thanks. I can't put into words how deeply we were touched and enriched by the Cameroon people and the beauty of their culture.

As one Sister wrote to us, "New life has sprung up among the local people. They are full of joy and expectation." Intergenerational families in more than 60 villages now benefit from our Goat & Chicken Fund, and by donating the offspring of the livestock they receive, they help sustain it.



**St. Ann Center continues to work hard to meet our community's need, but also realize God's children and elderly are everywhere.**

**As we reach out to Cameroon, we receive so much in return.**

**Get involved:**  
[stanncenter.org/cameroon](http://stanncenter.org/cameroon)

### SPECIAL BOOK SIGNING

**Join us to meet the authors & enjoy a complimentary reception.**

Wednesday, Feb. 8, from 6-8 p.m.,  
**Stein Campus, 2801 E. Morgan Ave.**

## Two Unforgettable Love Stories

Join St. Ann Center on Wednesday, February 8, for a truly memorable author event. John McCarthy and former governor Martin Schreiber will discuss books they recently wrote. John's book, *Maggie's Angels*, looks at life with a child with special needs. *My Two Elaines*, by Marty, unravels the impact of Alzheimer's disease on his 55-year marriage.

St. Ann Center has a connection to both stories. For years, Maggie has been an occasional guest at the Stein Campus' overnight respite. And in the early stages of Alzheimer's, Elaine enjoyed socializing and exercising at our Aquatic Center. Both authors are longtime St. Ann Center supporters. Proceeds from Marty's book will be used to promote Alzheimer's caregiver support programs. John will donate a portion of sales to St. Ann Center. Signed books will be available for purchase at the free event.





# 2017 Calendar

Stein Campus: **(SC)**

Bucyrus Campus: **(BC)**

1	2	3	4	5	6	7
<b>Closed for New Year's Holiday</b>			Caregiver Support Group <b>(SC)</b>	EPA Clean-up Meeting <b>(BC)</b>		Indoor Market <b>(SC)</b> ↓
8	9	10	11	12	13	14
15	16	17	18	19	20	21
<b>Childcare Closed (BC)</b>		Parkinson's Support Group <b>(SC)</b>				
22	23	24	25	26	27	28
				Charity Cash Raffle on sale!	Benevolent Touch <b>(SC)</b> Workshop	
29	30	31	<b>JANUARY</b>			

## AQUATIC CENTER

### Parent-Infant & Level 1-3\*

- Session 1: Jan 9 - Feb 17
- Session 2: Feb 27 - April 7
- Session 3: April 17 - May 26
- Session 4: June 5 - July 21
- Session 5: July 31 - Sept 8
- Session 6: Sept 18 - Oct 27
- Session 7: Nov 6 - Dec 15

\*Register the week before session starts

### WEEKDAY OPEN SWIM

7:30-8:45 a.m. | 11 a.m.-noon | 3-4 p.m.

**Cost: \$5**/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 2017, with our Bucyrus Campus! Stories will be shared online: [stanncenter.org/blog](http://stanncenter.org/blog)

			1	2	3	4
			Caregiver Support Group <b>(SC)</b>			Indoor Market <b>(SC)</b> ↓
5	6	7	8	9	10	11
			Special Book Signing <b>(SC)</b>			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
<b>Childcare Closed (BC)</b>		Parkinson's Support Group <b>(SC)</b>			Family Fun Night @Pool <b>(SC)</b>	
26	27	28	<b>FEBRUARY</b>			



<b>MARCH</b>			1	2	3	4
			Caregiver Support Group <b>(SC)</b>			Indoor Market <b>(SC)</b> ↓
5	6	7	8	9	10	11
12	13	14	15	16	17	18
						Jewelry & Chili Sale <b>(SC)</b>
19	20	21	22	23	24	25
		Parkinson's Support Group <b>(SC)</b>				
26	27	28	29	30	31	

## MONTHLY SUPPORT GROUPS

### Caregiver Support

First Wednesday | 1:30-3 p.m.  
Stein Campus Chapel  
2801 E. Morgan Ave.

**Contact: (414) 977-5075**  
[mkruse@stanncenter.org](mailto:mkruse@stanncenter.org)

### Parkinson's Group

Third Tuesday | 1:30-3:30 p.m.  
Stein Campus Board Room  
2801 E. Morgan Ave.

**Contact: (414) 212-8255**

## BENEVOLENT TOUCH WORKSHOP

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

### Workshops

Fri., Jan. 27, 9 a.m.-1 p.m.  
 Thurs., Apr. 27, 9 a.m.-1 p.m.  
 Thurs., Sept. 28, 9 a.m.-1 p.m.

### Instructor Certification

Fri., Apr. 28, 9 a.m.-1 p.m.  
 Fri., Sept. 29, 9 a.m.-1 p.m.

**Call: (414) 977-5056**

## APRIL

							Indoor Market (SC) ↓	1
2	3	4	Caregiver Support Group (SC)	5	6	7		8
9	10	11		12	13	Family Fun Night @Pool (SC)		15
16	Childcare Closed (BC) ⇒	17	Parkinson's Support Group (SC)	18	19	20	21	22
23	24	25	26	27	Benevolent Touch (SC) Workshop	Benevolent Touch Instr. Certif. (SC)	28	Final Market & Rummage (SC) 29
30								

	1	2	Caregiver Support Group (SC)	3	4	5	Cash Raffle Drawing (SC)	6
7	8	9	10	11	12	13		
14	15	Parkinson's Support Group (SC)	16	17	18	Hall of Friends (SC)	19	20
21	22	23	24	25	26	27		
28	Closed for Memorial Day	29	30	31	<b>MAY</b>			

## \$250,000 CASH RAFFLE

**Charity Cash Raffle #1**  
 On sale: Thurs., Jan 26  
 Drawing: **Sat., May 6, 2 p.m.**

**Charity Cash Raffle #2**  
 On sale: Thurs., Jul 20  
 Drawing: **Sat., Oct. 28, 2 p.m.**

**GRAND PRIZE: \$200,000**  
 Tickets: \$50 or 3/\$100

[stanncenter.org/raffle](http://stanncenter.org/raffle)

## GENERATIONS REMIXED

### GLOBAL INTERGENERATIONAL CONFERENCE

cohosted by Generations United & St. Ann Center

Milwaukee, WI | June 13-16

St. Ann Center Preconference:

### SHARED-SITE REPLICATION SUMMIT

Tues., June 13 - Wed., June 14

[www.guconference.org](http://www.guconference.org)

## JUNE

						1	Family Fun Night @Pool (SC)	2	3
4	5	6	Caregiver Support Group (SC)	7	8	9		10	
11	Summer Camp (SC & BC)	12	Global Intergenerational Conference Visit: <a href="http://GUconference.org">GUconference.org</a> for more information					16	17
18	19	Parkinson's Support Group (SC)	20	21	22	23	24		
25	26	27	28	29	30				

# JULY

							1					
2	No Swim Classes (SC)	3	Closed for 4th of July	4	Caregiver Support Group (SC)	5	6	7	8			
9		10		11		12		13	14	15		
16		17	Parkinson's Support Group (SC)	18		19	Charity Cash Raffle on sale!	20	21	22		
23		24		25		26		27	Family Fun Night @Pool (SC)	28	Stu's Golf Outing	29
30		31										

## 13th Annual Fulfilling the Dream Gala

The largest fundraising celebration of the summer!

Join over 350 St. Ann Center supporters for an exciting evening that benefits all ages and abilities for a lifetime.

[stanncenter.org/gala](http://stanncenter.org/gala)

## STU'S 16TH ANNUAL CHARITY GOLF OUTING

A hole-in-one event for a good cause!

**Saturday, July 29**  
**Tee time: 12 (noon)**

Western Lakes Golf Course  
W287 N1963 Oakton Rd.  
Pewaukee, WI

[stanncenter.org/golfouting](http://stanncenter.org/golfouting)

							1	Caregiver Support Group (SC)	2		3		4	Jewelry Sale & Coffee Klatch (SC)	5
	6	7		8		9		10		11		12			
	13	14		15	Parkinson's Support Group (SC)	16		17	Buddy Program Awards (BC)	18		19			
	20	21		22		23		24		25		26			
	27	28		29		30		31							

# AUGUST

# SEPTEMBER

										1		2
3	Closed for Labor Day	4	No Swim Classes (SC)	5	Caregiver Support Group (SC)	6		7		8		9
10		11		12		13		14	Family Fun Night @Pool (SC)	15		16
17		18	Parkinson's Support Group (SC)	19		20		21		22		23
24		25		26		27	Benevolent Touch (SC) Workshop	28	Benevolent Touch Instr. Certif. (SC)	29		30



## Intergenerational Awareness Month

Celebrating the importance and benefits of building **relationships between all ages.**

See our intergenerational joy in action online:

[stanncenter.org](http://stanncenter.org)

## DENTAL HYGIENE MONTH:

**Visit the Gardetto Family Community Dental Clinic**

Our state-of-the-art dental clinic, specifically serving children and adults with severe cognitive or physical disabilities.

**For more information call: (414) 210-2440.**

For all medical & dental clinic information:  
[stanncenter.org/clinic](http://stanncenter.org/clinic)

1	2	3	Caregiver Support Group (SC)	4	5	6	7
8	9	10		11	12	13	14
15	16	Parkinson's Support Group (SC)	17	18	19	20	21
22	23	24	25	26	27	Cash Raffle Drawing (SC)	28
29	30	31	<b>OCTOBER</b>				

<b>NOVEMBER</b>				Caregiver Support Group (SC)	1	2	Family Fun Night @Pool (SC)	3	Indoor Market (SC) ↓	4
5	6	7	8	9	10	11				
12	13	14	15	16	17	Chili & Jewelry Sale (SC)	18			
19	20	Parkinson's Support Group (SC)	21	Closed for Thanksgiving		23	24	25		
26	27	28	29	30						

## Indoor MARKET

Supports local vendors and all ages & abilities at the center. The Indoor Market runs every Saturday over winter.

**November-April  
From 9 a.m. - 1 p.m.**

**More information online:  
[stanncenter.org/market](http://stanncenter.org/market)**

## GIVE THE GIFT of wellness!

Treat your sweetie to a gift certificate for a massage, reiki, manicure or beauty salon appointment.

**Gift certificates** can be purchased in any amount by visiting either campus' front desk.

**Call (414) 977-5056 for more information.**

<b>DECEMBER</b>						1	Indoor Market (SC) ↓	2
3	4	5	Caregiver Support Group (SC)	6	7	8	9	
10	11	12	13	14	15	16		
17	18	Parkinson's Support Group (SC)	19	20	Family Fun Night @Pool (SC)	21	Closed for Christmas	22
24	25	Closed for Christmas	26	27	28	29	30	
31								



## Opening Doors to Literacy

When Ronald heard the teacher call his name, he froze. It was his turn to read in front of the class. Slowly, he stood up and looked down at the jumble of letters on the page. Choked with frustration, he dropped his book and sent a chair skittering across the room.

"Our kids were repeatedly being suspended from school, and we wanted to find out why," says Marye Beth Dugan, executive director of Nehemiah Project Inc., a nonprofit organization that offers support and a temporary home to boys, ages 13 to 18, referred by the juvenile justice system. "We found many of them were three to five grade levels behind their peers in reading." This sparked the creation of their Lena Sommers Youth and Teen Literacy Program.

The program opened its doors in a brand-new location at St. Ann Center's Bucyrus Campus. The Nehemiah Project is renting a spacious room lined wall-to-wall with books. "It's such a beautiful environment—our kids really feel welcomed," Marye Beth says. Collaborating with St. Ann Center and Cardinal Stritch University—both corporate ministries of the Sisters of St. Francis of Assisi—the literacy center has expanded to offer its services to the youngsters in the Bucyrus Campus' after-school program.

"Our reading specialists assess each child's reading level and develop individualized tutoring plans," Marye Beth explains. Soon the Nehemiah Project hopes to have enough tutors to work with children and teens from the surrounding neighborhood.

"It's thrilling to watch the progress the kids are making," Marye Beth adds. Some have gained a grade level or more in reading proficiency after a few months. Ronald is one of them.

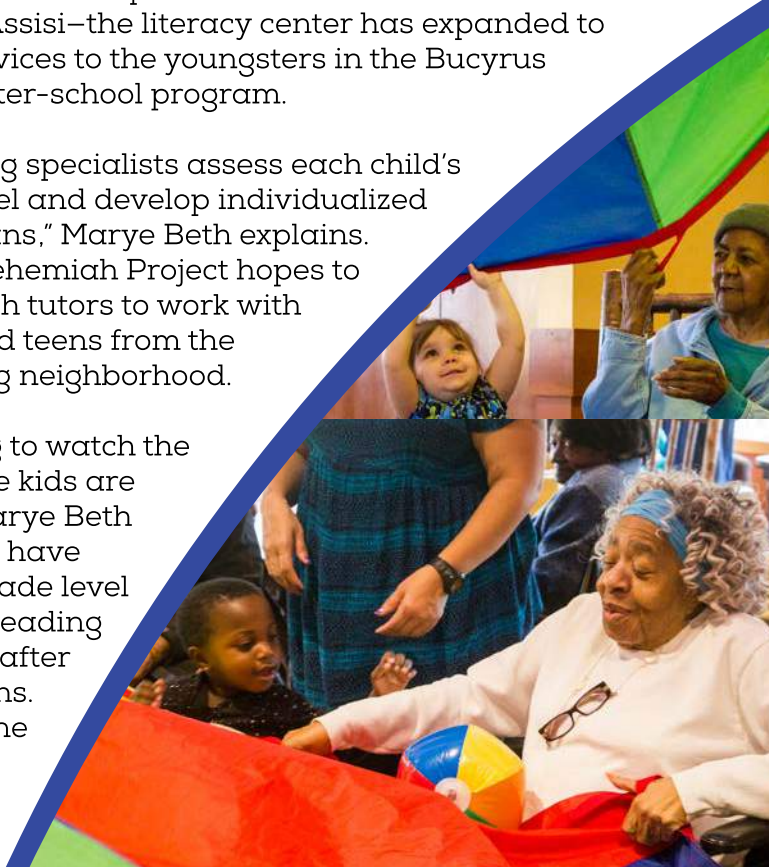
**"Reading is getting a little easier, because someone is taking time with me," Ronald says. "It feels good doing something I was unable to do before. I'm surprised... and proud of myself."**

## Oh, Chute!

The instant Bucyrus Campus Activity Director Wanda Gray pulls out the parachute, fun is in the air. This colorful circle of nylon cloth is the perfect prop to bring the generations together.

"It's a great way for the older adults to exercise the upper body," she explains, as clients and children holding tight to the chute's edge snap it up and down. To make the game more challenging, objects are thrown into the center of the chute. "The children love retrieving things that bounce off, and diving under the parachute as it mushrooms up.

***I've never seen such teamwork!"***



## 2017 Calendar Inside...

*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](mailto:cfeldkamp@stanncenter.org)

## Her Baking's Heavenly

If there are customers circling the Center's cafe, you can bet your sweet tooth Sr. Lenore Steilen is in the kitchen! At 93, she spends four mornings a week turning out cookies, brownies and scones by the mouthwatering panful. "It's a knack I didn't even know I had," she says. "One day, Sr. Edna received a huge donation of apples and asked me to make sauce," Sr. Lenore recalls. "I'd never canned a thing in my life!" The recipe she concocted became an instant bestseller. And the rest is delicious history.

"I'm very liberal with giving out my recipes," Sr. Lenore says, adding she's received dozens of others from friends. Many of her fans have tried duplicating her delicacies and found that "something" was missing. When asked her secret, she admits, "Everything that goes into the oven gets a little blessing, and that blessing travels to everyone who eats it."



### SR. LENORE'S SCONES

**Ingredients** Yield: 8-10 scones

3 cups flour  
½ cup sugar  
4 tablespoons powdered buttermilk  
2 ½ teaspoons baking powder  
½ teaspoon baking soda  
¾ teaspoon salt  
1 ½ sticks chilled butter  
½ cup Craisins  
2 tablespoons orange zest  
¼ chocolate chips or nuts (*optional*)  
1 cup cold water

### Directions

1. Combine dry ingredients.
2. Cut in butter.
3. Add Craisins and zest. Add chocolate chips or nuts, if desired.
4. Mix in cold water gradually and knead.
5. Form round scones ≈2½ inches in diameter.
6. Bake 15 minutes at 400°.