

St. Ann Center's SEASONS OF LIFE

People of all ages and abilities spend the day at St. Ann Center because of your support. You made these stories of our joyful intergenerational community possible.

More than Meets the Eye

If you ask John Krall how he got so good at basketball, mini golf and bowling, he'll gladly share his secret. "The trick," he says with a smile, "is listening."

A client at the Stein Campus, John has coped with dual disabilities since birth—cerebral palsy and blindness. Upbeat and engaging, he's an obvious people person. "When we play a game that requires me to hit a target, the staff tells me where to aim," he explains. "It's a group effort."

John, 54, came to St. Ann Center a year ago after 30 years of working with a vocational training program. "I enjoy the wide range of people here—from seniors to the kids," he says, adding he loves the sound of children having fun. He takes his role as their adult friend seriously. "When the kids join us for activities, they learn not to be afraid," he says. "They come to understand that people who use wheelchairs are basically not that different from them."

Challenging limitations has become a way of life for John. He participates in as many St. Ann Center programs as possible, from group games to drawing and sewing. An avid music fan, he plays hand bells and sings in the center's choir. And if you sit in on Trivia Day, you'll find him acing most every music-related question.



"The staff helps me when I need it, and they respect what I'm able to do on my own. Here, I'm a human being—not a disability. I feel like I can conquer just about anything."

- John Krall

John especially appreciates center activities that involve exercise. "Having cerebral palsy, I need to keep moving as much as I can," he says. Regular massages and whirlpool baths help keep his tight muscles relaxed. John also finds spiritual support is readily available. "I go to the daily prayer service," he says. "It's nice to take a moment of quiet and meditate in the middle of a busy morning."

With his positive attitude, John is a one-man welcoming committee for new clients. "I just want to be as friendly to others as people here have been to me," he says.



Dear Friend,

Everyone loves a good love story and there are plenty at St. Ann Center.

One of my favorites features a young woman I'll call Lindsay, who's dearly loved by her parents. She arrives here beautifully dressed, nestled in a power wheelchair three times her size. That's when St. Ann Center enters the story.

From the moment Lindsay comes through our doors, Meg, one of our volunteers, is by her side. They've become so close, in fact, you seldom see one without the other. Although Lindsay doesn't speak, Meg can tell what she needs by watching her face and listening to her vocalizations. A grimace, a blink, a murmur all have meaning. The two have developed a language of their own.

One day, Meg wheeled Lindsay over to the ball pit, so she could listen to the children playing. An outgoing two-year-old, unafraid of the

wheelchair, put his small hand on Lindsay's. Noticing her eyes were closed, he quietly asked, "Baby sleeping?" That made her squeal with delight. You can hear that same happiness every time there's music in our intergenerational park. Meg makes sure Lindsay's in the audience, so we can all listen to her laughter.

The love story continues throughout the day. At lunch, Lindsay is spoon-fed by an attentive CNA. Later, another carefully bathes her. She might spend an hour in our beauty salon having her hair washed and her nails cleaned and polished. At snack time, Aaron, a client in a wheelchair much like Lindsay's, pulls up beside her. Judging by the huge smiles on both of their faces, they like one another a lot.

There are love stories like this at both of our campuses. Our children, adult clients, staff, volunteers, parents, caregivers and supporters are all part of the plot. These stories may not make the bestseller lists, but they bless all of us who experience them so richly.

Passing along blessings to you & yours,

ON OUR WISH LIST

- Karaoke machine
- Microphone
- Boom Box
- Music CD's
- Electric pencil sharpener
- Word search books
- Kitchen washcloths
- Beach towels
- Ipad (used)
- Latch-hook kits
- Jigsaw puzzles
- Costume jewelry
- 2-drawer file cabinet
- Crossword puzzles
- Men's & women's pants (S, M, L, XL)
- Adult & Child Games
- Play-Doh
- Velcro
- Building blocks
- Balls (all kinds)
- Balloons
- Yarn
- Dolls
- Stuffed animals
- Crayons
- Markers
- Paints
- Large TV

CAREGIVER'S CORNER

Dementia affects more than just memory. It influences how the brain sees the world and how the person perceives reality. As a caregiver, you'll work with your loved one to adapt, modify and eventually substitute activities by focusing on their strengths and abilities which can enhance their self-esteem. Find chores around the house that they can successfully do: folding laundry, sweeping the floor or setting the table. Engage the person in physical activity that can be done together: walking, gardening or moving to music. Provide social interaction with their peers through visits in the home, an adult day care program or a support group.

The Magic Touch

Children and adults at the center have a new, exciting way to feel connected with one another:

Intergenerational Benevolent Touch.

Developed by Sr. Edna 21 years ago, Benevolent Touch (BT) is any positive tactile contact on another person's or one's own skin with loving intent. Sandy Anderson, Vice Present/Director of Wellness, and Shanness Williams, Vice President of Intergenerational Development, launched a pilot program that has kids and adult clients practicing BT together.

We're trying to teach our childcare the importance of positive touch and reaching out to others with kindness.

Sandy began by showing a group of the center's 5-year-olds some basic BT techniques. Then, she paired them up with adult clients, many of whom use wheelchairs and are dealing with physical disabilities. The activity began with the children and adults shaking hands and introducing themselves. Next, everyone started singing, "The Wheels on the Bus," with the lyrics adapted to fit BT movements. For instance, when singing, "The elevators at St. Ann Center go up and down," the kids moved their hands up and down the adults' arms. Kids and adults alike agreed they loved the activity and wanted to do it again.



"We teach kids from little on, it's normal to interact with older adults and people with disabilities," Sandy notes. The adults also relished the connection they had with the children.

In a world where we text more than we hug, moments that bring the generations together are making all the difference.

LEARN BENEVOLENT TOUCH

Place: St. Ann Center Stein Campus

Date: Thursday, Sept. 28 | 9 a.m. – 1 p.m.

Cost: \$60 (includes BT Manual, \$20 value)

Instructor: Sandy Anderson

To register for this course, contact Sandy:

- SandyAnderson@stanncenter.org

- 414-977-5056



Full STEAM Ahead!

Science, Technology, Education, Art and Math, that is!

Children and adult clients are exploring these subjects thanks to the Betty Brinn Children's Museum. Each month, as part of their Know & Grow program, staff from the museum are visiting the campuses for intergenerational learning. Once, kids and adults built racers from pipe cleaners,

clothespins and wooden wheels, then sent them rocketing down a zip line.

Two years old is the perfect time to be introduced to physics. Early learning has a huge impact on literacy and academic success.

The program will culminate with Stem in the Streets, a community event to be held outdoors on North 24th Street, by the Bucyrus Campus. Activity stations will include science experiments, arts projects and more!

A Voice & a Vision

Alton "Al" Bathrick gives new meaning to the word retirement.

After more than 55 years as a financial industry specialist, this St. Ann Center supporter now works full-time on his passion...

empowering people to improve their lives and strengthen their communities.

Al was introduced to the center three years ago, when he joined the Capital Campaign Cabinet, focused on the opening of the Bucyrus Campus. "I was very excited by St. Ann Center's social mission," he says. "Sr. Edna and her vision for helping the underserved in Milwaukee's central city cemented my interest."

Al's a veteran of Robert W. Baird & Co., a national authority on community reinvestment, a champion in Washington for economic growth in the inner city and an advocate for minority and women-owned businesses.



Notorious for his stylish bow-ties, Al Bathrick (left) received a special framed thank you from Sr. Edna Lonergan and John Jansen.

"The Bucyrus Campus is the largest economic development project I've seen during my career in the financial industry," Al says, citing the 200 jobs it promises to bring to the neighborhood. "It has the potential to be a national model for other challenged central cities."

Rarely a day goes by without Al introducing someone to the center. "He's able to connect people on a personal level," says John Jansen,

St. Ann Center's Vice President of Grants, Capital & Community Development.

"He's not afraid to pick up the phone and talk to strangers about all that we're doing. I'd like 50 Al Bathricks."



Arts Come Alive

Economic and artistic development was in the spotlight at "The Arts Come Alive on the North Side," with emcee, Al Bathrick! Close to 100 representatives from government, private business, community funders and partners attended the special event, many first-time visitors to the Bucyrus Campus.

In celebration, musicians from the Milwaukee Symphony Orchestra and the Milwaukee Youth Symphony Orchestra performed, along with artists from the neighborhood, including classical strings musicians, SistaStrings.



The Good Book Club

Christine Barber opens her Bible, leafs through its well-worn pages and stops on the Gospel of Mark. Six of her fellow clients do likewise, as she announces the chapter and verse of the week. It's time for Bible Study with Miss Christine.

The soft-spoken 81-year-old doesn't pretend to be a Bible scholar, although she's read it daily for most of her life. "I was lying in bed one night, and I told the Lord, 'I want to be a Bible teacher,'" she says. After getting the blessing of St. Ann Center staff, she spread the word among other clients. "I knew this was the best place for me to get started."

Every Tuesday morning, Christine brings in an armload of leather-bound Bibles from her personal collection. She's highlighted the day's scripture and everyone takes turns reading, then shares what the passage means to them. There's time for questions, giving testimony and prayer.

"There's so much wisdom here," Christine says, looking around the table. "I learn as much as I teach."

The daughter of a Baptist deaconess, Christine says she was "practically born in church" and grew up singing in the choir. Now at the Bucyrus Campus, she performs her favorite spirituals for the adults and children. "It's a real blessing having the children here," she says. "Whether you're young or old, the Lord can use you."

Christine is living proof of that. In fact, she has an ambitious goal for her study group. "We're aiming to read from every book in the Bible in a year,"

Feel the Music

Some members of St. Ann Center's adult choir learn music by ear...and a few learn by touch. Music therapist Hannah Goodness realized that one day during practice when Jennel said, "I wish I

had a braille book." So Hannah started looking. Her research led to Audio & Braille Literacy Enhancement (ABLE) which transcribes print materials into alternative formats including braille. "Jennel was so excited when her book arrived," Hannah says. **"She wanted to show it to everyone, and demonstrate how she can read the words by feeling."**

The Buddy System

Fifty-four years separate their ages, but it didn't stop Christine Biersack, a client at the Stein Campus, and Reece Decorah, part of St. Ann Center's Buddy Program, from learning from each other. "I'm 68, and I'd never held a pool cue before," Christine says. Reece's enthusiasm convinced her to try, and she maneuvered her wheelchair to the side of the table.

Seeing that Christine couldn't grip the cue, Reece carefully positioned it on top of her hand, helped her take aim and execute a perfect stroke. "It was really cool," he said. "Every time Christine hit the ball, she would yell, 'blast off!'" This is Reece's fourth semester as part of the Buddy Program, a service learning opportunity for youth ages 11 to 15. "I always try to be energetic," he says. "That gets people in the mood to do more."



The Beauty of Bioswales

Ready for a rainy day? St. Ann Center's Bucyrus Campus is—thanks to a matching grant from the Milwaukee Metropolitan Sewerage District (MMSD) for the construction of a pair of eco-friendly bioswales.

The two mini wetlands are located behind the building, one on the east side and the other on the west. To an untrained eye, they're almost indistinguishable from standard landscaping, as most of their functional parts—water pipes and erosion control matting—are buried beneath assorted water-absorbing plants and grasses.

Storm water runoff is one of the fastest-growing sources of pollution. When rain hits rooftops, parking lots and pavement, it tends to run into storm drains that are directly connected to waterways. The campus bioswales absorb excess water slowly, and native plants filter out pollutants before they reach waterways.

The project benefits the neighborhood and also offers the children and adults an excellent lesson on caring for our planet.

Fowl Play

Kids and adults say the darnedest things at St. Ann Center's Stein Campus. Just ask Shanness Williams, Vice President of Activities and Intergenerational Development. Shanness is also a certified facilitator for TimeSlips, a program which uses group storytelling to enhance the lives of people with Alzheimer's disease and other forms of dementia.

In a typical TimeSlips session, facilitators hand out copies of a conversation-starting picture. By using open-ended questions about the picture, participants are encouraged to use their imaginations to come up with a story together. Shanness leads intergenerational TimeSlips sessions, inviting the afterschool kids to join

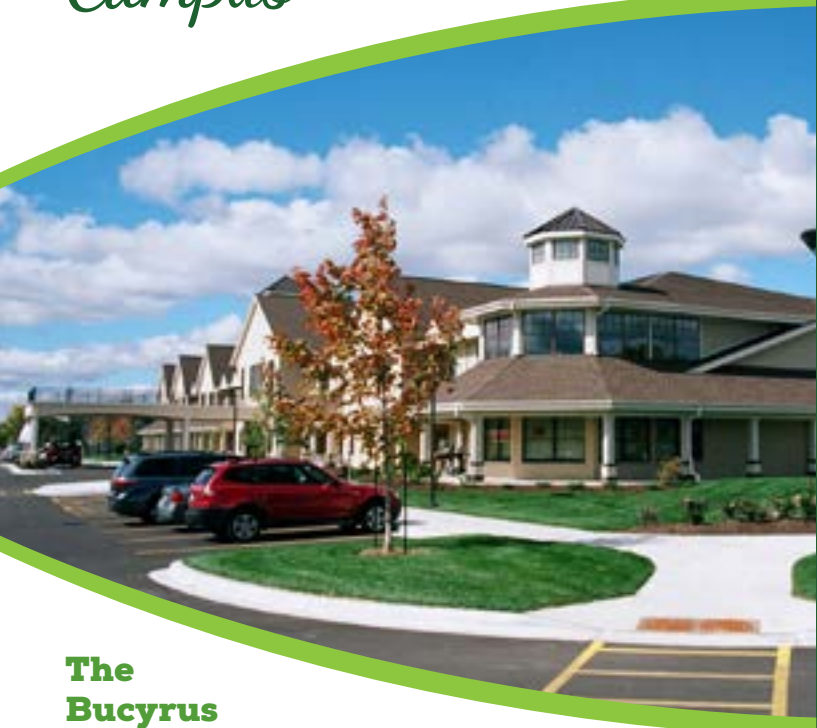


adult clients on the veranda. "One time, we started with a picture of a man surrounded by chickens," Shanness recalls. As storytellers were contributing ideas about who the man was, where he was going and what he was doing, a side conversation started.

"Two of the little girls were debating with one of our adults about the gender of the chickens," Shanness says. "The gentleman, who loves to tease, was trying to convince them that the chickens were roosters. But they were just as certain the chickens were girls."

When the man asked how they could be so sure, one of the girls replied without missing a beat, "Because they're 'chicks,' Silly."

Doors Open to Bucyrus Campus



The Bucyrus Campus is one of more than 150 buildings that will dust off their welcome mats as part of the Seventh annual Doors Open Milwaukee, Sept. 23-24, 10 a.m.-5 p.m.

The popular weekend of free public tours takes a deep dive into Milwaukee's history, architecture, food scene, ecology and more. "Doors Open is a great way for the public to see sites that they may not see otherwise," says Historic Milwaukee Director of Special Events Grace Fuhr. "We want to foster a sense of civic pride and positivity."

Fuhr became familiar with the Bucyrus Campus when it was recognized at the 2016 MANDI Awards. "I was impressed by the work you do," she says. "We're thrilled to be able to bring awareness to your mission through Doors Open." The Bucyrus Campus is among several stops in the Lindsay Heights area. "With new businesses and facilities like yours opening, this is a great time to promote the area's growth," Fuhr says.

For more information, visit doorsopenmilwaukee.org.

Upcoming Events



GET IN THE SWING, SATURDAY, JULY 29!

To play in the golf outing contact: Casey Rozanski at (414) 977-5062 or crozanski@stanncenter.org.

Details at: stanncenter.org/golfouting

JOIN US FOR A GALA THAT DREAMS ARE MADE OF

Friday, August 4 | 6pm
Dream Together Gala
Discovery World Museum

RSVP online: stanncenter.org/gala



2017 NATIONAL ADULT DAY SERVICES CONFERENCE

September 25-27 | St. Petersburg, Florida
Keynote by Sr. Edna Lonergan: Growing Up & Growing Older Together: A Love Story

Learn more: nadsa.org/conference

MEET US @THE MARKETS!

Sister Edna's Creations

Cathedral Square Market, 520 E. Wells St.
Saturdays, June 3-Oct. 7, 9a.m.-1p.m.

St. Ann Center Jams, Jellies & Soups

South Shore Farmers Market, 2900 S. Shore Dr., Saturdays, June 17-Oct. 14, 8 a.m.-12 noon.

<p>Doors Open News <i>Inside...</i></p>	<p>Plus, Stories of <i>community partnerships</i> connecting all ages at both of our campuses!</p>
	<p>STEIN CAMPUS 2801 E. Morgan Ave. Milwaukee, WI 53207 (414) 977-5000</p> <p>BUCYRUS CAMPUS 2450 W. North Ave. Milwaukee, WI 53205 (414) 210-2450</p>

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

CALENDAR UPDATES

- July 4** Both Campuses **CLOSED**
- July 5** Caregiver Support Group
- July 18** Parkinson's Support Group
- July 20** Charity Cash Raffle #2 on Sale
- July 25** Science Café
- July 28** Family Fun Night at the Pool
- July 29** Stu's Flooring Benefit Golf Outing
- Aug. 2** Caregiver Support Group
- Aug. 4** Dream Together Gala
- Aug. 5** Jewelry Sale & Coffee Klatch
- Aug. 15** Parkinson's Support Group
- Aug. 29** Science Café
- Sept. 4** Both Campuses **CLOSED**
- Sept. 6** Caregiver Support Group
- Sept. 15** Family Fun Night at the Pool
- Sept. 19** Parkinson's Support Group
- Sept. 26** Science Café
- Sept. 28** Benevolent Touch Workshop
- Sept. 29** BT National Instructor Cert.

More at: stanncenter.org/calendar

Counter Culture

Whether it's coffee, a quick lunch or an afternoon snack you're craving, Kari Green's got you covered. Hers is the welcoming smile you'll find at the Bucyrus Campus café.



A volunteer through the SER Jobs program, Kari handles cashiering, stocking, gift shop purchases, inventory and more. Her customers range from staff, clients and parents to caregivers, van drivers and even the neighborhood mail carrier.

"I love meeting people," Kari says. "My number one rule is...the customer always comes first." At age 62, Kari is excited to be learning new skills in an environment that values and respects her.

"Everyone treats me like family," she says. "St. Ann Center feels like home."