


# 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.

## Talent at Her Fingertip

**You don't have to be able to hold a pencil or a paintbrush to be an artist. And Natalie Fiske proves just that. She works magic on a canvas using only one finger and her imagination.**

To create her amazing acrylics, Natalie uses a special tabletop easel to hold her 16-in. x 20-in. canvas. Since it's hard for her to grip, her right index finger is her paintbrush. "Usually, I have three or four paintings going at once," Natalie said. "so I always have a painting to work on when others are drying." Applying finger stroke after colorful finger stroke, her most intricate pieces take more than two months to finish.



A client at St. Ann Center's Stein Campus, Natalie was born with cerebral palsy and a spine disorder that requires her to use a wheelchair and limits mobility in her upper body. "That doesn't mean I'm retired," she said. "I consider my art my job now."

Natalie came to St. Ann Center a little over a year ago when health issues made it necessary for her to leave a job training center. To make her muscles less rigid, she gets regular massages at the center. Another favorite activity is singing in the Stein Campus adult choir. "I enjoy music," she said, adding she has made several friends in the choir. "Everyone here is so nice. People care about one another."

Natalie has a growing portfolio of paintings. Her subjects range from flowers to "Star Wars" characters to her boyfriend at a Packers game. "I especially like painting pets and capturing their expressions," she said. In fact, her pet portraits have become a burgeoning business. She paints both dogs and cats on commission.

Natalie's work has been exhibited at the IndependenceFirst Gallery Night which showcases artists with disabilities. She sees each of her pictures as proof that people with disabilities can live full, exciting lives.

The upbeat 31-year-old was drawn to painting three years ago when she discovered one of her aides was also an artist. "I told him I really wanted to try making art and asked if he could help me," she said. "At first, he made stencils for me to use. But after finishing a couple of pictures, I was able to paint freehand."

***Natalie has one piece of important advice for others who want to pursue their passion, "Go for it," she said. "If I can do it, so can you."***

## Dear Friend,

A friend and I were having coffee in our Stein Campus atrium the other day when a pair of 2-year-olds waddled past us on their way to the pool. They were wearing swimsuits, dragging beach towels and clomping along in huge snow boots (they'd forgotten their shoes). "Only at St. Ann Center!" my friend laughed.

That got me thinking of the many things that happen only at St. Ann Center. Where else can you see toddlers working alongside their older adult friends, turning a coaster wagon into a balloon-festooned float for our spring parade? Where else do you hear adult's and children's voices blending together in song during an intergenerational concert? Where else can you taste oven-fresh bread that 3-year-old and 83-year-old bakers made together? All these things happen at St. Ann Center...often, all in the same day.

In just a few short months, these joyful interactions will be multiplying as we finish construction on our Bucyrus Campus. A crew is now hard at work on two childcare classrooms, a Dementia Care Unit that will accommodate 68 new clients, and a nine-bedroom overnight respite. Before the year is finished, we'll be bringing the generations together at our brand-new Aquatics Center and a 350-seat band shell for neighborhood entertainment.



**"I always marvel at what a special place St. Ann Center is."**

### CAREGIVER CORNER

Caregiving is a continual experience of dealing with loss as your loved one continues to change and decline, physically and mentally. Dementia creates loss when the person is physically present but psychologically absent in the way they were before their diagnosis.

It's normal to feel sad when your loved one isn't able to be the same and do the things they once did. It's important to honor your feelings of sadness and to express rather than fear them. Eventually, you will need to decide to live with a less than perfect relationship, accepting your loved one's changing abilities and knowing they're doing the best they can. Focus on what they can do and celebrate by doing it with them.

Stay connected with family and friends, sharing your story with them and learning from their wisdom. Caregiver wisdom serves great purpose as you face situations you did not expect and continue to grow and adapt.

What really makes it unique is the way everyone comes together. The adults bring joy to the children, and the children bring joy to the adults. And every one of you, our wonderful supporters, make these "only at St. Ann Center" moments possible!

### ON OUR WISH LIST

- Glass door reach-in refrigerator
- New, gently-used costume and vintage jewelry
- Conference room table (seats 20) & chairs
- New water wheelchair
- Women's slacks (L, XL, XXL)
- Shower curtains
- Pool noodles
- Art supplies (of all kinds)

**Our wish list is updated online:**  
[stanncenter.org/wishlist](http://stanncenter.org/wishlist)

**Childcare wish list is on Amazon:**  
<https://goo.gl/fNI92V>

## Service with a Smile

### Learning goes beyond the classroom walls for a group of energetic teens at St. Ann Center's Bucyrus Campus.

The students are spending two weeks of their senior year volunteering there as part of Marquette University High School's Senior Shared Life program.

"They're young, they're spry, and their enthusiasm is contagious," said Monica Yarn, assistant volunteer coordinator at the Bucyrus Campus. To get the full intergenerational experience, the teens spend the morning with the children and the afternoon with the adults.

Ben Poblocki was struck by the spirit of the Bucyrus Campus. "It's beautiful,



Student volunteers and clients learn to play bumper pool on the new table donated by supporter Rose & Gus Koremenos.



I'll have another client tap them when it's time for them to ring," Hannah said.

With 15 to 30 people playing them each week, the lightweight aluminum tubular bells are showing their age. Some have cracks, others have loose screws or broken hammers, and the rich tones are beginning to go flat.

**For \$650, St. Ann Center's two sets of handbells can be cleaned and tuned, and several cracked bells can be replaced.**

You can keep our handbells ringing. Go to [stanncenter.org/donate](http://stanncenter.org/donate) to make a gift, and type "handbells" where you are asked, "What inspired you to give today?"



"We're very fortunate to have these bells, and we make good use of them," Hannah said. "Our clients really love them."

Handbells encourage coordination and teamwork. "If someone is visually impaired,

## Let Us Pray

**Maybe you start your morning with a sunrise run or a strong cup of coffee. But at St. Ann Center, the one thing that gets everyone ready to take on the day is a very special prayer.**



As morning prayer leaders, clients help Sr. Margaret get the day off to an inspiring start.

Broadcast throughout the building over the public address system, the prayer is traditionally led by the Director of Spirituality Services. To get more people involved, Sr. Margaret Kruse asked a few staff members and volunteers if they'd like to be prayer leaders.

The new voices were well received. But Jennel, a client in the young adult unit, commented, "I wish they were more enthusiastic!" When asked if she'd like to give it a try, she was thrilled. In fact, Jennel's first turn as prayer leader went so well, other clients expressed interest. So far, seven have volunteered, and the list is growing.

Katie uses a communication board with letters and symbols to express herself, and Emily, a CNA, reads Katie's prayer on her behalf. Marilyn's prayer mentions her family in Puerto Rico recovering from Hurricane Maria. Sammy prays for the health of her mom and everyone's mother. John's intentions cover everyone at St. Ann Center. "I love to pray," he said. "Because prayer is just so powerful."

***"When I go back to the unit, I hear the clients complimenting the prayer leaders and telling them what a great job they did," Sr. Margaret said.***

## Down to Business

Budding entrepreneurs have a new place to blossom at St. Ann Center's Bucyrus Campus during First Friday 4Business. Open to all north side residents interested in starting small businesses, the group meets the first Friday of each month, 7:30 - 9 a.m.

This new networking group gives small businesses and startups a forum to learn from one another, exchange customer referrals and help one another succeed. Experts attend, too, including representatives from Business Improvement District 32 and the Wisconsin Women's Business Initiative Corp.



The group is an outgrowth of an "On the Table" discussion, sponsored by the Greater Milwaukee Foundation and held at the Bucyrus Campus last fall. "The common theme was that the north side community is far from united—its business fabric is torn and needs to be stitched together," said John Jansen, St. Ann Center's Vice President of Grants, Community and Capital Development .

***"The north side community's small business operators need the kind of peer support and resources that are traditionally available elsewhere. St. Ann Center will provide a reliable place and time where small business operators can meet regularly, offer each other assistance, and collaborate."***

**For more, visit our Facebook page: [MKE First Fridays - facebook.com/ff4biz](https://www.facebook.com/ff4biz)**

## Celebration of Culture

### History makers of the past, present and future filled St. Ann Center's Bucyrus Campus for Black History Month.

The adults presented excerpts from "Mama's Kitchen," an original play written by Bucyrus Campus volunteer Michelle Woodard, showcasing strong African-American women in U.S. history. Adding to the theatrical backdrop were artistic signs made



by student volunteers from Divine Savior Holy Angels High School.

A fun-filled fashion show was a fitting finale to the program, as clients, children and staff modeled their African-inspired garb. "The Bucyrus Campus is truly a multicultural experience, with staff members from Uganda, Kenya, Tanzania and the U.S.," said COO Diane Beckley. "A fashion show is a beautiful way to demonstrate the diversity and depth of our African roots."

## That Loving Feeling

### Parents looking for a touching way to get in tune with their baby may want to try infant massage, suggests Sandy Anderson, St. Ann Center's Vice President of Wellness.

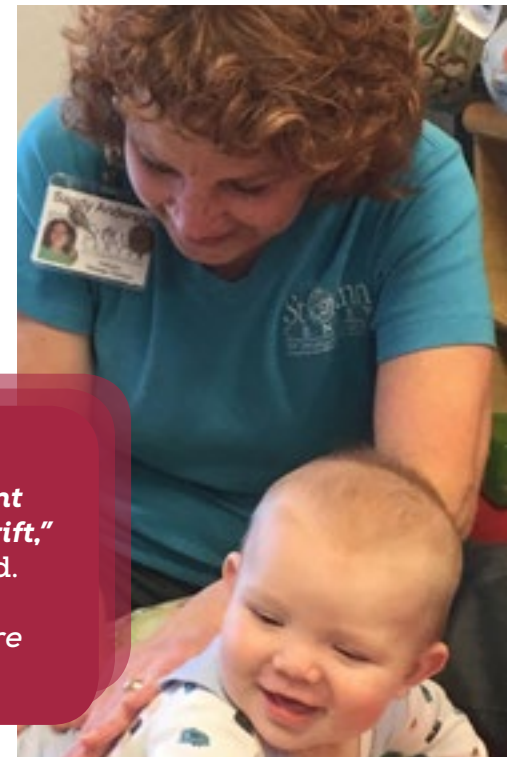
Sandy offers one-on-one workshops that teach the nurturing hands-on technique to new parents, grandparents, nannies and teachers. In the 60- to 90-minute sessions, caregivers practice on their baby. "Giving your child a massage is a wonderful way to bond," Sandy explained. "It benefits the baby and parents."

### Studies show health benefits for babies from just 15 minutes of daily massage.

Physically, massage can improve babies circulation, strengthen their immune system, increase muscle tone, build motor skills and aid digestion—reducing colic or gas. It also calms the nervous system, leading to relaxation

and better sleep. Regular massage can even help premature babies gain weight by enhancing release of the growth hormone.

As parents stroke, squeeze and rub tiny legs, backs and tummies, they learn to read their child's body language. Also, it stimulates their own feel-good hormones. "It helps new moms and dads feel confident in their parenting," Sandy said. In terms of equipment, all you need is a warm, draft-free spot on the floor, a blanket and oil or lotion.



**Infant massage workshop costs \$30. "It's a fun present to give as a baby shower gift," Sandy Anderson suggested.**

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

## Talking with Their Hands

**Making loops in the air with her pinkies, 4-year-old Adah sent a silent message to the children sitting on the floor around her. "My favorite food," she said in sign language, "is spaghetti!"**

Adah and her friends in the Firefly Room at St. Ann Center's Stein Campus have been practicing sign language for several months, guided by their lead teacher, Kathryn Jonas.



Kathryn Jonas encourages her class to use their hands, not voices, as they practice sign language.



The Firefly children go around the circle, each taking a turn to sign their favorite food. The kids are so enthralled, they even go home and sign what they've learned to their parents.



"The kids are absorbing it like sponges," she said. "So far, they've learned to sign the alphabet, their names, colors, the days of the week and their numbers up to 30." Kathryn, who's taking a college course in sign, often goes back to her own instructor to learn the sign for words the kids are curious about. "Firefighter, police officer and doctor are the latest," she said.

**Experts say that teaching pre-school children the signs for the alphabet and words can help with letter recognition and build their vocabulary.**

Kids just think it's fun. "Children this age use their bodies to help them communicate," Kathryn said. "So sign language comes naturally to them." To keep the children engaged, Kathryn has been teaching them to sign simple sentences like, "My favorite food is..." All eyes are on Jason as he brings his hands together and then apart, as if he's stringing old-fashioned sausages. "Hot dogs!" the kids correctly guess.

Kathryn admits it's getting harder and harder to stay a few steps ahead of the eager Fireflies. "The other day," she said with a smile, "I had to figure out how to sign 'sushi'!"

# Hall of Friends

**Friday, May 18th, 10:00 a.m.**  
**Stein Campus: 2801 E. Morgan Ave.**

We're saluting four special friends for sharing their time and talent with people of all ages at St. Ann Center. Here are our awardees:

## Les Weil

Les Weil is a member of the Capital Campaign Committee and a passionate nonprofit advocate. "Les has been a mentor to me, and he's introduced countless people to the work we do," Sr. Edna said. "He's generous with his knowledge and words of advice—and I take it to heart."

## Doug Barnes

Doug Barnes of Zimmerman Architectural Studios is on the board of directors, Capital Campaign Committee and chairs the Mission Effectiveness Committee. "Doug worked closely with our staff to ensure our Bucyrus Campus design would meet the needs of the neighborhood while remaining authentic to the culture," Sr. Edna said.

## Betty Glisch

Betty Glisch has been a St. Ann Center volunteer for 30 years, assisting with special events, administration, the café and the Vintage Jewelry Collection. She helped to build a dynamic team of jewelry volunteers who clean, sort, repair and price donated heirloom and costume jewelry for sale.

## Marguerite Woodfill

Marguerite Woodfill, one of Betty's outstanding recruits, is equally dedicated to the jewelry program. She participates in monthly jewelry sales throughout Milwaukee. With a keen eye for design, she creates gorgeous displays that have customers flocking to buy. "Betty and Marguerite have turned our jewelry collection into a major fundraiser," Sr. Edna said.



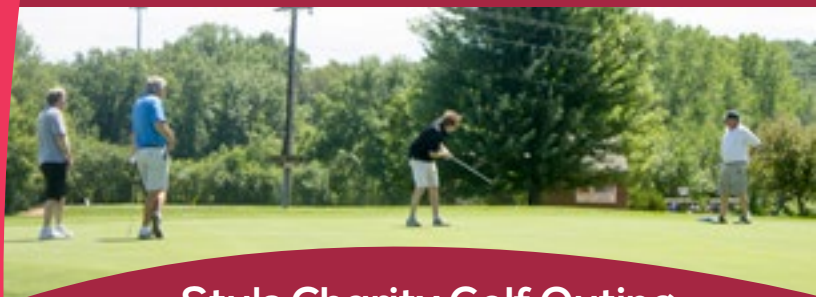
## MEET US @THE MARKETS!

### Sister Edna's Creations

Cathedral Square Market, 520 E. Wells St.  
 Saturdays, June 2-Oct. 6, 9a.m.-1p.m.

### St. Ann Center Jams, Jellies & Soups

South Shore Farmers Market, 2900 S. Shore Dr.,  
 Saturdays, June 16-Oct. 13, 8 a.m.-12 noon.



## Stu's Charity Golf Outing

**Saturday, July 28** at Western Lakes Golf Club  
**\$125** includes cart, 18 holes & dinner  
**Call (414) 977-5062** to register or visit:  
[stanncenter.org/golfouting](http://stanncenter.org/golfouting)

*Dream Together*

FRIDAY, AUG. 10<sup>TH</sup>  
 6 p.m. | Discovery  
 World Museum

## Dream Together Gala

**Friday, August 10, 6pm** | Discovery World  
**\$120** | Sponsor opportunities available

Enjoy dinner, silent and live auctions,  
 plus stories of how you change the lives  
 of people of all ages and abilities.

**Call (414) 977-5062** to RSVP or visit:  
[stanncenter.org/gala](http://stanncenter.org/gala)

**2017  
Annual Report**  
*Inside...*

**Plus,**  
read about a few  
ways *our children,*  
*clients and parents*  
are communicating  
with each other!



**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)

**CALENDAR UPDATES**

- April 4** Caregiver Support Group
- April 6** First Friday Business Group
- April 13** Family Fun Night at the Pool
- April 17** Parkinson's Support Group
- April 28** *Charity Cash Raffle Drawing*
- May 2** Caregiver Support Group
- May 4** First Friday Business Group
- May 15** Parkinson's Support Group
- May 18** Hall of Friends
- May 28** Both campuses CLOSED
- June 1** First Friday Business Group
- June 1** Family Fun Night at the Pool
- June 6** Caregiver Support Group
- June 19** Parkinson's Support Group

**\$250,000**  
*Charity* **Cash Raffle #1**

**TICKETS**  
\$50 each or  
\$100/3 tickets

**GRAND PRIZE**  
**\$200,000**

**\*PUBLIC DRAWING:**  
**Sat, Apr. 28, 2:00pm**  
At St. Ann Center  
Stein Campus,  
2801 E. Morgan Ave.

**2<sup>nd</sup> Prize - \$20,000**  
**3<sup>rd</sup> Prize - \$10,000**  
4<sup>th</sup> - \$5,000 | 5<sup>th</sup> - \$2,500  
6-10<sup>th</sup> - \$500 | 11-50<sup>th</sup> - \$250

**PURCHASE TICKETS**

- 1 - AT ST. ANN CENTER:** 2801 E. Morgan Ave., Milwaukee, WI 53207, *6am-6pm, Monday-Friday*
- 2 - BY PHONE:** Call 1-800-272-1938 | *24 hr./7 day*

Supports people of all ages & abilities at St. Ann Center.  
Call: (414) 977-5034 or visit: [stanncenter.org/raffle](http://stanncenter.org/raffle) for more info.  
*\*need not be present to win* Raffle License #R0010084A-29753