

St. Ann Center's... Seasons of Life



Issue 2

Quarterly Agency Newsletter

October - December 2008

Don't miss the Halloween Harvest Carnival

at St. Ann Center
for all the little ghosts
and goblins.

October 18, 2008
5:00-8:00 p.m.



Bring the entire family!
You won't want to miss the
spooky haunted hallway,
craft making tables,
tattoo station and carnival
games, with prizes for all.
Enjoy cookie decorating,
and a costume contest
for all age groups.
Pizza rolls, hot apple cider &
refreshments will be served.

1 & under FREE

Ages 2-12 years

\$7.00 in advance

\$8.00 at the door

\$3.00 adults

per person

Tickets:

Call 414-977-5034

Please Preregister!

St. Ann Center Celebrates 25 Years!

St. Ann Center celebrated its 25th anniversary in style on Friday, July 18 at the beautiful Boerner Botanical Gardens. The evening was a fun-filled success. Sr. Edna surprised the crowd of over 250 when she sang a beautiful song with a slide show expressing her "Grace and Gratitude." The event raised over \$130,000 to help support St. Ann Center's Adopt-a-Life program. Thank you to all who attended and helped make this evening and St. Ann



Steve & Amy Corbiser with
Fran & Debbie Sweeney



Marilyn Meyer and Miriam
Cecile Ross, SSND



Leslie Henry, Shawn Chilson,
and Doug Burdick

Center's 25th anniversary
a huge success.

Meet our Summer Camp Staff



Josh Mack just graduated from St. Thomas More High School. He is a new student at UW-Milwaukee this fall. He joined the summer camp program when it started. He says he loved the environment and relationships of people who work at St. Ann Center.

Angeline Burbey is a senior with art education as a major at Cardinal Stritch University. She said working at at summer camp was probably one of the most challenging things she has done, but hopes to come back next year!

Angela Banach learned about St. Ann Center when her great grandmother was a client at Shepherd House. She attends UW-Whitewater as a junior, and is focusing on elementary education and special education.

Rachel Katz returned a second summer to serve as coordinator of St. Ann's Buddy program. She also has been doing a counseling internship under the direction of Sr. Marianne Muscott. Rachel will graduate with an MS in counseling from Mount Mary College in December. She says she has enjoyed working with the kids helping them gain the tools they need to be successful.

Mission Statement

The mission of St. Ann Center for Intergenerational Care is to provide community-based health and educational services for children and frail adults and to serve as a resource and support for caregivers. The Center, Sponsored by the Sisters of St. Francis of Assisi, reflects Franciscan values in meeting the spiritual, psychological, social and physical needs of all who participate regardless of faith, culture or ability to pay.

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Sr. Joanne Schatzlein, OSF

Seasons of Life

is a quarterly publication of St. Ann Center for Intergenerational Care.

Address comments or suggestions to the editor, Juliann Joerres, at (414) 977-5028 or jjjoerres@stanncenter.org.



This morning I had the formidable experience of going to the Milwaukee Police Department to contest a parking citation. I walked into a long line of people waiting to go through security. No one was smiling; it was all very serious. I asked directions to the correct location, and a most unfriendly voice offered me six different directions.

When I arrived, I waited in another long line with people with sad faces. As I sat there thinking how I might defend my case, I looked

A letter From our President

around and suddenly felt very powerless. Most people probably felt the same way. How am I going to afford \$50 and the fee for parking in their garage?

Most people were alone and sitting very quietly. Police officers came and went with their badges and guns. I thought to myself perhaps there's a reason for being here besides defending my illegal parking for which my defense received no sympathy, at first anyway. I always believe things happen for a reason, and if I listen to my heart, a quiet inner voice lets me know.

I thought about St. Ann Center and how vulnerable and powerless our adult clients must feel when they arrive, perhaps not able to speak up for what they

need, not able to walk to a bathroom, or not able to feed themselves. I thought about our little children who have to leave the secure hand of their parents.

I hope all of us at St. Ann Center welcome you with loving hearts, give you clear directions, and wish you a happy day. Whether you are a client, parent, child, caregiver, or volunteer, you deserve a place of solace here, a place where you find sincere friendship, playfulness, and, above all, respect.

Although my trip to the Milwaukee County Courthouse started badly, it ended with an act of human kindness as the police commissioner eventually gave in and forgave my parking ticket.

~ Sr. Edna Lonergan

Wish List

Thank you for all donations. If you can help with these items, please call the person listed to arrange pickup or delivery.

Shepherd House

- 32-inch or larger flat TV
 - regular sized bath towels
 - metal kitchen cart
 - new dish towels
 - dish cloths
 - lap top for Trinity Hall
 - small bingo prizes
 - pulseoximetry machine
 - power strips with surge protectors
- Call Marcia at (414) 482-1340.

Building and Grounds

- oil change gift certificates
 - golf cart
- Call Chris at (414) 977-5037

Weinberg Building

- wooden checker board
 - headphones
 - scissors
 - sit-to-stand hooyer lift
 - Halloween decorations
 - Christmas decorations
 - carnival prizes
 - TV stand for a big screen TV (46inch)
 - AC unit for ceramics room
- Call Shawn at (414) 977-5024.

Sr. Edna

- \$4800 to pay for the virtual SAC tour for Edna
- Call Barbara at (414)977-5087

Aquatics

- swim towels and regular towels
 - 3 bistro tables and chairs
- Call Dora (414) 977-5015

Outpatient Rehab

- magazines with lots of pictures
 - easy reader or picture books
 - stickers or craft supplies
 - dishes/pots and pans
 - toaster (new)
 - night stand
 - timer
 - ankle foot orthosis
 - child & adult board or card games
 - cost to recalibrate dynamometer approx. \$93
- Call Carol at (414)977-5005

Adult Family Home

- new television
 - donation of \$ for needs
- Call Chris Jackson at (414) 977-5037

Food Service

- flat screen computer monitor
- Call Suzette (414) 977-5036

Adults & Children & Intergenerational

Splish Splash Day was held on July 9, and the wading pool was not only for the children - David B. Emily B. and Amanda R. had the exhilarating pleasure of dipping their feet into the cool water alongside the toddlers. The experience was a double treat because they sipped snow cones and ate watermelon while wiggling their toes. For many of the adults, it was a thrill to spray the staff from squirt bottles. It was a wonderfully wet wild morning. There were bouncers for the children, water balloons and face painting!



Angels in the Park

Happy Birthday! As part of our intergenerational programming we plan a birthday party in the park each month for both our clients and staff. Anyone who is celebrating a birthday in that month is treated to lunch in the atrium. The celebration is complete with birthday crowns, birthday placemats and of course, cake and ice cream.

Intergenerational Carnival

On August 26 we held an outside carnival for staff and clients at St. Ann Center. The weather was beautiful and everyone enjoyed cotton candy, face painting, and carnival games like; ring toss, shoot the hoop and potato sack races. Even the staff got all dressed up for the day!



Preschool Graduation

Time for kindergarten! The boys and girls in the 4 year old program at St. Ann Center daycare celebrated their preschool graduation on August 15. Moms and Dads, Grandmas and Grandpas came to watch their little ones graduate to the big world of kindergarten. We will miss their smiling faces, but we wish them well as they move on to a new school.



Renaissance week was celebrated in August at Shepherd House. Trinity, Leandra, and St. Francis hall all created their own coat of arms to represent their 'Kingdom' for the duration of the week. This was followed by the making of crowns for their Princess' and lace princess hats for all those in their kingdoms. The clients then baked apples in true Renaissance fashion for their weekly cooking activity. The week was brought to a close with a Renaissance fair Shepherd house style, which included the younger kids from the summer camp and an ice cream social. Leslie Henry and the Summer camp provided drum music for all of the Princes and Princesses in attendance, as well as scarf juggling entertainment. The

Queen, Mary Kohnke, was pleased by the entertainment. A special thanks to Stan Liebe and Trinity hall for their hard work on constructing a majority of the princess hats.

25th Anniversary Mass was celebration on July 18 in our atrium. We had the honor of having mass celebrated by Cardinal Renato Martino who was visiting from Rome. Archbishop Dolan and Father Byron Haaland concelebrated the mass. Thanks to the Meehan Family, the cardinal made a special trip from Rome to visit Sr. Edna and to be with us for our 25th anniversary gala celebration later that evening. Thank you Cardinal Martino for joining us!



**Pictures from all of these events can be found on our website at www.stanncenter.org
Go to the "What's Happening" page of our website.**



Benevolent Touch

Learn how to enhance the quality of life for those with dementia, special needs or sensory loss due to aging. This workshop provides you with the skills to give positive tactile contact to those in need. "Hands-on" practice is included. Call 414-977-5056 for information!



Benevolent Touch

Place: St. Ann Center
Date: Tuesday, October 28
Time: 1:00 p.m. to 5:00 p.m.
Fee: \$50 - Cost includes a **Benevolent Touch Manual** (\$20 Value)
Instructor: Mary McCanna,
Certified Massage Therapist

BT National Instructor Certification Program

Learn how to teach others the benefits of Benevolent Touch! We'll be with you every step of the way! Once certified, you can hold your own workshops using our pre-printed materials.

Prerequisite: Must have already taken a Benevolent Touch Workshop.

Benevolent Touch National Instructor Certification Program

Place: St. Ann Center
Date: Wednesday, October 29
Time: 8:30 a.m. to 5:00 p.m.
Fee: \$350 - Cost includes Instruction, materials, CD's, hands-on training & meals.
Instructor: Sandy Anderson,
Certified Massage Therapist

Call 414-977-5056 to register!

Caregiver Support Group

Do you need a chance to speak about the demands and frustrations of giving care everyday? Perhaps, simply share with others the things that help you keep going? Take time for yourself and meet with us. Caregivers meet at Shepherd House. If you cannot make one of these meetings, you are invited to call Sr. Joanne at 414-482-1340 or e-mail her at jmeyer@stanncenter.org to meet individually or offer suggestions for a better time.

REGISTRATION is NOT necessary for this group.

Place: **Shepherd House, 3221 S. Lake Drive**
Dates: Wednesdays, Oct. 8, Nov. 5, Dec. 3
Time: 1:30 p.m. to 2:45 p.m.
Facilitators: Sr. Joanne Meyer, OSF

Group Ceramics Party

Would your group like to participate in a ceramics activity?

This is an opportunity to experience the creative pleasure of clay. This class is ideal for small groups of scouts, church social groups, home

schoolers, families, or just a group of friends who want a fun night out! You can make your own wind chimes, coffee or cocoa mug, tree spirit, flower press, souvenir or commemorative plate.

Cost and times vary depending on the individual project. They range in price from \$15 to \$20. Some projects require a minimum of participants depending on the project.

To schedule your group class call, Alice at 414-977-5038 or e-mail akonkel@stanncenter.org.

Place: **St. Ann Center**
Dates: Available Monday - Friday
Time: Times vary
Instructor: Alice Konkel, Art Therapist



**Call and schedule your
Group Ceramics Party
414-977-5038!**

Feel Good Inside and Out

Proper nutrition and sensible eating habits are the foundation of any healthy lifestyle, and the Transitions Lifestyle System is simply a way to establish them. Healthy eating habits are personal, internal choices, but once established, you will be on your way to seeing changes to your exterior too. Learn why diets fail and why a Low Glycemic Lifestyle is healthier and better for you and your family. This program helps you lose weight and keep it off for LIFE. Low Glycemic eating helps lose fat and inches, not muscle. Learn how exercise, stress reduction and supplementation affect your wellness. Find out why the Transitions Lifestyle System works and why it is also recommended for diabetics.

FREE Introductory Overview
Wednesday, January 8 from 6:00 - 7:15pm

Register for the 12-week Transition Lifestyle classes at or before the Overview and receive a complimentary book, Glycemic Food Index Guide.

12-week Transition Lifestyle Class

Place: St. Ann Center
Date: Thursday, January 15 - April 2
Time: 6:00 p.m. - 7:15 p.m.
Fee: \$155 includes trained coach to lead supportive classes about good and bad fats, understanding labels, exercise, stress relief, supplementation, grains, sweets, etc.; binder of educational materials; daily journals; and more.
Instructor: Sandy Anderson,
Natural Health Consultant



Join us for a
Milwaukee Symphony Orchestra
Holiday Concert

at St. Ann Center on

Wednesday, December 17
at 10:00 a.m.

This concert is FREE and open to the public. Please join us for this musical holiday treat!

Brunch with Santa

Santa's making his list be sure you are on it! Santa will again be taking time out of his busy schedule to visit St. Ann Center. There will be games, arts & crafts, cookie decorating, the amazing AI magic show and photos with Santa!

Bonus - secret santa gift shop.

Gifts will be gift wrapped and ready to give to that special person. Buy a gift for parents, aunts, grandparents, etc.



Saturday, December 13
11:00 a.m. - 1:30 p.m.

1 & under FREE -
Ages 2-12 years
\$7.00 in advance -
\$8.00 at the door per person
\$3.00 per adult (food ticket)

Please call 414-977-5034
to save your seat!

To Register for classes/events:

1. REGISTER BY PHONE:

Using VISA or MC - Call (414) 977-5034 or call the number listed under class description.

2. IN-PERSON:

At St. Ann Center, 6 a.m. to 6 p.m. daily
2801 East Morgan Ave, Milwaukee 53207

National Massage Therapy Week October 19-25!

"Massage - the key to a healthier you"

- Reiki • Infant & Prenatal Massage
 - Swedish Massage • Raindrop Therapy
 - Advanced Energy Work • Chair Massage
- Call 414-977-5056 for an appointment and

Receive 10% off with this coupon.
Appointments must be scheduled before Dec. 31, 2008



St. Ann Center Aquatic Program

Find the answer to your aquatic fitness needs at the family-oriented St. Ann Center. Our Aquatic Department offers a variety of programs for all ages. The 88° pool is equipped to accommodate people of all ages and abilities. Class sizes are small to give you maximum personal attention.

8-week sessions • Session 6 begins Oct. 6 • Session 7 begins Dec. 1

Learn-to-swim and infant/parent classes are scheduled based on how many sign up for the class. Days and times can vary from session to session.

Learn-to-Swim Lessons (Levels 1 - 4) **Class length 45 minutes. Classes cost \$50 per session.**

Infant/Parent Lessons help children (aged six months to five years) become comfortable in and around the water. This program is NOT designed to teach children to become good swimmers. It will acclimate them to the water prior to swim lessons. **Class length 45 minutes. Classes cost \$45 per session.**

Private Swim Lessons are adaptive personalized private swim lessons available for those that need one-on-one lessons. **Class length 30 minutes. Classes cost \$80 per session. Call anytime to schedule.**

Open Swim is available for anyone in the community to enjoy and use any of our floatation devices or swim training aids (including noodles, barbells, beachballs, play bricks or toys).

Monday - Friday 7:30 - 8:30 a.m.; 12:00 - 1:00 p.m.; or 3:00 - 4:00 p.m. \$5 per person (2 + under free)

Friday Night Open Swim - Friday night is family night. **6:00 - 7:30 p.m. \$5 per person (2 + under free)**

Pay-as-you-go classes - \$4 per class per person

Warm Water Movement Class - **Monday, Wednesday & Friday 1:00 - 2:00 p.m.**

Low Impact Water Aerobics - **Tuesday 7:00 - 7:45 p.m or Thursday, 2:00 - 2:45 p.m. or 7:00 - 7:45 p.m.**

High Intensity Water Aerobics - **Tuesday & Thursday 6:00 p.m. - 6:45 p.m.**

Hot-Tub Spa. Relax away the day's worries. The spa will be open the same hours as the pool and fees are the same as open swim fees. Children under the age of 14 MUST be supervised by an adult. For complete list of class descriptions and pool hours call 414-977-5015 or visit our website at www.stann-center.org.

Call 414-977-5015 to register for swim classes!



\$300,000 CASH RAFFLE



1ST PRIZE - \$200,000 Cash! **2nd PRIZE** - \$50,000 Cash! **3rd PRIZE** - \$25,000 Cash!

4th & 5th PRIZES - \$7,500 Cash Each! **6th - 35th PRIZES** - \$500 Cash Each!

Tickets
\$50 each
or
3 for \$100

**Buy your
tickets
starting
July 14**

Drawing to be held **Saturday, Oct. 25, 2008** at
2:00 p.m. at St. Ann Center

To Purchase Tickets

- 1. Call: 414-985-4600** 24HR. / 7 DAYS
- 2. At St. Ann Center:** 2801 E. Morgan Avenue,
Mon. - Fri. 6 a.m. - 6 p.m.

Hurry, only 18,000 tickets will be sold! Buy 3 tickets:

Odds of winning a prize are 1 out of 200!

www.stanncenter.org

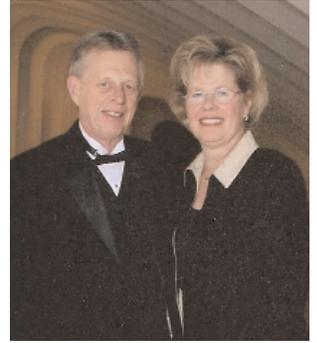
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Proceeds support the young, elderly, and people with disabilities at St. Ann Center

The Board Walk



◆ **Jim and Suzanne Sass**, owners of Max Sass Funeral Homes, generously donated a Wii Nintendo game system, game disc and batteries to St. Ann Shepherd House. This system was very difficult to find but after 4 months of searching, their perseverance finally paid off. This system will be used to promote socialization and hand-eye contact coordination for our clients. Thank you, Jim and Suzanne!



◆ Board member and attorney **Jim Gormley** played an integral role in helping St. Ann Center secure a \$1 million interest free loan from the Bunting Foundation. This will greatly improve the center's cash flow and reduce its deficit.

◆ St. Ann Center for Intergenerational Care was among 120 award winners, receiving an honorable mention and \$1000 prize in conjunction with Generations United "2008 Intergenerational Shared Site Best Practices Award." The recognition event was held in Washington, DC on June 5, 2008.

**generations
united**

◆ Board members **Raejean Kanter** and **Linda Grunau**, served on the planning committee for the 25th anniversary gala. Thanks to their help and extra efforts, the event was a booming success raising approximately \$130,000! Thanks also goes to all our board members who supported the event financially and with their presence.

The New York Times In August, reporter **John Leland** from the **New York Times** visited St. Ann Center to do an article about our respite center. His article "For Families of the Ailing, a Brief Chance to Relax" was a front page piece published on August 19, 2008, page(s) 1 -A13. To read the story in its entirety go to our website www.stanncenter.org or contact **Juliann Joerres** at 414-977-5028.

◆ Under board member **Connie Sobczak's** leadership, the Mission Effectiveness Committee completed the 2007 evaluation that measures the level of satisfaction with St. Ann Center's programs experienced by clients, caregivers and parents. The committee will focus next on the evaluation of the new respite unit.

◆ The next **Board Retreat** will be held on Wednesday, November 19, from 7:30 a.m. to 12 noon. The retreat will be held at Bucyrus International, 1100 Milwaukee Avenue, South Milwaukee. The purpose of this retreat will be to review our goals for 2008 and do some strategic planning and goal setting for 2009.

Gift Giving Season

will soon be here!

Please remember

St. Ann Center Clients

in your holiday gift planning!

We are in need of many gifts for our clients! If you would like to buy a gift for our gift giving tree, please call Delma at 414-977-5034.

Thank you!



DID YOU KNOW!

St. Ann Center has an indoor warm water pool

that is open to the public year round!

The pool area, showers and dressing rooms have recently been remodeled!

Come and see all that the Aquatic Program at St. Ann Center has to offer!

See page 6 for details!

Dates to Remember!

2008

Sept. 25 - Scholarship 101 Class Begins 6:00 p.m.

Sept. 30 - Benevolent Touch Workshop 9:00 a.m.

Oct. 6 - Swim Session 6 Begins

Oct. 8 - Caregiver Support Group 1:30 - 2:45 p.m.

Oct. 18 - Halloween Harvest Carnival 5:00 p.m.

Oct. 25 - St. Ann Center Cash Raffle 2:00 p.m.

Oct. 28 - Marketing Committee Meeting 8:30 a.m.

Oct. 28 - Benevolent Touch Workshop 1:00 p.m.

Oct. 29 - BT National Instructor Cert. 8:30 a.m.

Oct. 29 - Audit Committee Meeting 10:00 a.m.

Nov. 5 - Caregiver Support Group 1:30 - 2:45 p.m.

Nov. 17 - Fund Devp. Committee Meeting 11:30 a.m.

Nov. 19 - Board retreat 7:30 a.m.

Nov. 26 - Audit Committee Meeting 10:00 a.m.

Dec. 1 - Swim Session 7 Begins

Dec. 3 - Caregiver Support Group 1:30 - 2:45 p.m.

Dec. 13 - Brunch with Santa 11:00 a.m.

Dec. 17 - Milwaukee Symphony at SAC 10:00 a.m.

2009

Jan. 8 - Free Overview Transition class 6:00 p.m.

Jan. 15 - Transition Lifestyle Class 6:00 p.m.

If you wish to be removed from this mailing list, please contact Delma at 414-977-5034 or e-mail delmav@stanncenter.org.

Wellness 414-977-5056

Volunteer Opportunities 414-977-5034

Spirituality Services 414-977-5020

Shepherd House 414-482-1340

Respite Center 414-977-5053

Massage Therapy 414-977-5056

Beauty Salon 414-977-5021

Aquatics 414-977-5015

Fax Number 414-977-5050

Main Number 414-977-5000

Phone Numbers

Center Closed All Major Holidays
Monday through Friday, 6 a.m. to 6 p.m.

St. Ann Center Hours

Sponsored by the Sisters of St. Francis of Assisi



Web: www.stanncenter.org

Milwaukee, WI 53207

2801 East Morgan Avenue

for Intergenerational Care

St Ann
C E N T E R

Check us out online
www.stanncenter.org

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