

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



Volume 1

Quarterly Agency Newsletter

July - September 2008

St. Ann Center Celebrates 25 Years!

Please join Dan Doucette & Diane (Doucette) Mancini along with Dan Stein & Larry Stein (honorary co-chairs) as they honor the legacy of their fathers, Bob Doucette & Marty Stein, at the **St. Ann Center 25th Anniversary Gala Auction, Dinner, Dance and Garden Party July 18, 2008.**

The event will take place at the Boerner Botanical Gardens. The cost is \$125 per person. If you would like to attend please contact: Tim La Favor at (414) 977-5057.

A New Season of Life for St. Ann Center

St. Ann Center is once again beginning a new "season!" We have decided to combine all our newsletters into one agency-wide newsletter. We used to create three separate newsletters. *Life Enrichment Opportunities* (LEO) contained all the center events and classes. *News-n-Views* was a newsletter for staff and clients and listed some internal activities as well as stories from our staff and clients. Lastly, the *Boardwalk* was created solely for Board of directors communication. It provided information to the Board about upcoming board and committee meetings as well as Board activities.

After a lot of planning, it was decided that we could combine the best of all three of these newsletters into one GREAT communication piece called, "Seasons of Life." This is the name of our gift shop, but it also ties in the intergenerational aspect that makes St. Ann Center so special. You will still be able to get all the same great information that you used to get from the other newsletters, but it will all be packed into one very informative publication.

Pay close attention to the 'Dates to remember' on the back page. Board and committee dates are listed in green. You won't want to miss the adult and child section on page 3; this page highlights the multitude of activities that happen at St. Ann Center.

Please take a look and tell us what you think. Comments, ideas, suggestions can be made to the editor, Juliann Joerres at (414) 977-5028 or e-mail her at jjjoerres@stanncenter.org.



On April 26, 2008 St. Ann Center held its 13th annual raffle. Pictured on left, winner Roger D. Hagen (right) from Milwaukee, Wisconsin is receiving his \$200,000 check from St. Ann Center CFO John Glaser! Thank you to everyone who participated in our raffle! This was one of our most successful raffles ever! Our next raffle begins July 14, 2008 (more info. on page 6).

St. Ann Center for Intergenerational Care
Life Enrichment Opportunities
Open to the Community

St. Ann Center offers Afterschool Care & Summer Day Camp

St. Ann Center offers Afterschool Care
Friday, April 25, 2008 @ 4:15 p.m.

Summer Day Camp Open House
Friday, April 25, 2008 @ 4:15 p.m.

Seasons of Life Gift Shop
Visit us only days Monday - Friday 4:00 pm to 4:00 pm.

News & Views

Theme days transport clients, staff to Jamaica, Las Vegas

Happy Birthdays!

For Sale

The Board Walk

1983-2008: 25 years of community care

Come to the garden party



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.

BOARD OF DIRECTORS

CHAIRPERSON

Timothy W. Sullivan

VICE CHAIRPERSON

James P. Lenahan

BOARD MEMBERS

Sal Bando

Stephen A. Corbisier

Rev. Robert Gloudeman

James Gormley

Linda L. Grunau

David Hamacher

Ellie Hays

Conrad Kaminski

Raejean Kanter

Peter J. Kordus

Sr. Cal Leopold, OSF

Ronald K. Malone

Sr. Jeanette Mariani, OSF

Sr. Marita Maschmann, OSF

Susie Jelich Nevins

Thomas Pyne

William K. Reilley, Sr.

Conrad Sobczak

Warren Steinke

PRESIDENT

Sr. Edna Lonergan, OSF

LIAISON

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.



"An injured lion still wants to roar," said Randy Pausch in his book, "The Last Lecture." Likewise our clients with disabilities still want to be heard, and we have an extraordinary volunteer named Maggie Cary who hears them.

You can find Maggie four days a week running our Smoothie Bar, which is near our Rehabilitation department and Beauty Salon on the first floor of our one-year-old Respite addition.

A letter From our President

The bar, which was donated by former board member Jim DeWees and his wife, Marilyn, contains many of Maggie's new smoothie concoctions including Margarita flavors and many delicious fruit combinations like banana-strawberry.

If it's coffee you want, you could have anything including mocha latte, steamers, or a 20-ounce ice java.

But Maggie's Bar, as it is lovingly called, offers more than liquid refreshments; it offers food for the soul. If you visit the bar during the day, you will see clients finding their way there to be with Maggie.

Maggie feeds clients if they can't feed themselves. She writes letters for them and reads to them. Regardless of

clients' ability to speak, she gives them a voice through interpreting their gestures, eye movements, and facial expressions, or looking at pictures or using a computer. She gives them her full attention as she listens to their ideas, needs, and aspirations. She is a wonderful friend to all our clients.

As Maggie hears our clients, it opens their world and their hearts by helping them express what matters most to them. Maggie invites people to emerge from their shells by recognizing that everyone is a manifestation of the Divine. She helps our clients understand that although their bodies are injured their spirits are healthy and whole.

~ Sr. Edna Lonergan

~ **The Greater Milwaukee Foundation awarded the William C. Frye Outstanding Citizenship Award to Sr. Edna Lonergan in May, 2008. The award is given to those whose volunteer efforts contribute to the betterment of the Milwaukee area. Congratulations Sr. Edna!**

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
 - power strips with surge protectors
 - metal kitchen cart
 - new dish towels
 - dish cloths
 - lap top for Trinity Hall
 - Wii Game system
- Call Marcia at (414) 482-1340.

Aquatics

- swim towels and regular towels
- Call Dora (414) 977-5015.

Weinberg Building

- colored pencils
 - poster board
 - glitter
 - scraps of dowel
 - plastic coffee canisters
 - wallpaper
 - very large buttons
 - sm wood scraps 1-4"
 - cigar boxes
 - good chess/checker board
 - small wash board
- Call Shawn at (414) 977-5024.

Food Service

- volunteer to paint walls
 - commercial dish washer machine
 - large, three-shelf stainless cart.
- Call Suzette (414) 977-5036

Childcare

- bubbles
 - kiddi swim pools
 - water toys
- Call Shelly at (414) 977-5014.

Adult Family Home

- electric automatic awning
 - donation of \$ for needs
- Call Chris Jackson at (414) 977-5037

Building and Grounds

- 4 wheeler and plow
- Call Chris Jackson at (414) 977-5037.

Adults & Children & Intergenerational



Anybody Want to Dance?

What a great way to start the weekend. Danny Crivello performs for the clients every Friday at 10:00 a.m. in our atrium. Each Friday you can see many kids and clients dancing along. Jason joins in dancing as often as he can!

Intergenerational Fun!

Every week the children from our day care join with the adults from the adult day units to enjoy intergenerational activities. Everyone enjoyed making Easter bunny cut outs and decorating cookies! Thomas I. and Lydia L. enjoy decorating their bunny together.



Bell Choir

Saint Thomas Aquinas Academy's 8th Grade Bell Choir performed in our atrium on April 16. As a special treat, the St. Ann Center Intergenerational Bell Choir also joined in the fun! They ended the great performance with an enjoyable duet! A warm "thank you" goes out to Mrs. Brooks for bringing the choir to perform at St. Ann Center!

Happy Mother's Day!

On Wednesday May 7, Shepherd House held a very fancy Mother's Day Tea Party for the ladies of Leandra Hall and the Firefly Room! A tea totin' fabulous time was had by all! Shepherd House will celebrate Father's Day with the boys from Firefly on June 11, 2008!



Helping Save the Earth...

...one tree at a time! St. Ann Center Buddies, child care, wellness, adult day unit and Shepherd House departments planted trees in honor of Earth Day in April! As part of our 25th Anniversary year, St. Ann Center is taking an active part in preserving our environment for ourselves and the generations to come!



One Rootin' Tootin' Good Time

The volunteer appreciation dinner was held on Friday, April 11. Over 120 volunteers joined us for a real rootin' tootin' good time. For our western themed evening, everyone came with their cowboy hats and boots and danced the night away to the amazing sounds of Danny Crivello! If you or anyone you know is interested in volunteering at St. Ann Center, please have them call Delma Vega, our volunteer coordinator, at (414) 977-5034 or e-mail delmav@stanncenter.org.



We need volunteers for Adult Activities

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, September 30
 Time: 9:00 a.m. to 1:00 p.m.
 Fee: \$50 - Cost includes a **Benevolent Touch Manual** (\$20 Value)
 Instructor: Mary McCanna, Certified Massage Therapist

Children's Ceramics Class

Summer ceramics class for children ages 7 - 15. A limited number of slots are available, so register early -- this class fills quickly! Children will enjoy the fun of learning a new skill that can last a lifetime! If they have previous experience they will be challenged to expand their knowledge. This is a flexible class designed to address each learner individually. Children will build hand-made pieces using raw clay. Fee includes materials and firing. Please bring a smock, or wear work clothes.



Place: **St. Ann Center - ceramics room**
Session 1: Mondays at 10:00 a.m.
 July 7, 14, 21, 28 & Aug. 4, 11
Session 2: Wednesdays at 12:30 p.m.
 July 9, 16, 23, 30, & Aug. 6, 13
Session 3: Fridays at 10:00 a.m.
 July 11, 18, 25, & Aug. 1, 8, 15
 Instructor: Alice Konkel, Art Therapist

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: Wednesday, July 9, Aug. 6, Sept. 10
 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, September 17 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: Wednesday, September 24 - December 10
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

American Red Cross CPR Training

Infant/Children and Adult Red Cross certified CPR and first aid training can prepare you to prevent and respond to life-threatening emergencies. This program is designed to give you the confidence to respond in an emergency situation with skills that can save a life.

Whether you work with children, want training for employees, are a professional rescuer, or simply want to know how to help someone in an emergency, this program can help you.

This is a six-hour class. You must attend both days to become Red Cross Certified.

CPR Training & Certification

Place: St. Ann Center
Date: Saturday, August 2 & 9
Time: 9:00 a.m. - 12 noon
Fee: \$30
Instructor: Shelly Reynolds,
Red Cross Certified Trainer

Within My Reach

This program empowers single people, engaged people and married couples to build positive relationships with one another and their children.

It is designed to stimulate change/growth by forming healthy relationships for married couples and single people considering marriage. It offers positive ways to consider negative relationship habits and the consideration of partners and potential partners.

Within My Reach

Place: St. Ann Center
Date: **Session 1:**
Tuesday & Thursday
August 5, 7, 12, 14, 19, 21, 26, 28

Session 2:

Tuesday & Thursday
September, 2, 4, 9, 11, 16, 18, 23, 25

Time: 6:00 p.m. - 8:00p.m.
Fee: \$40 per session
Cost includes a [Within My Reach](#) workbook.
Instructor: Tony Phillips, Certified Facilitator

Scholarships 101

Worried about applying for college? Worried about paying for college? Attend this session to learn how you can gain a competitive edge when applying for scholarships. St. Ann Center has snagged Kim Stezala, The Scholarship Lady, to share her top tips on winning scholarships. Kim is the author of *Scholarships 101: The Real-World Guide to Getting Cash for College*. She is also the founder of Wisconsin's first online scholarship search engine, www.scholarshipstreet.com. Your burning questions will be answered!

Scholarship 101

Place: St. Ann Center
Date: Thursday, September 25
Time: 6:00 p.m. - 7:15 p.m.
Fee: \$20 per family and includes one autographed copy of her book!
Facilitator: Kim Stezala

To Register for classes:

- 1. REGISTER BY PHONE:**
Using VISA or MC - Call (414) 977-5034.
- 2. At St. Ann Center:** 6 a.m. to 6 p.m. daily
2801 East Morgan Ave, 53207



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 4 begins June 2 • Session 5 begins August 4

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

License #R10084A-62130

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

The Board Walk



Tom Pyne and Judith Wood

In March board member **Tom Pyne** brought **Judith Wood**, a senior trust officer from Wells Fargo, to visit the Center. She explained how she could refer clients to St. Ann Center.

Tom Pyne also introduced **Melanie Ramey**, the Executive Director of The HOPE of Wisconsin to St. Ann Center. Melanie's organization represents most of the hospice organizations throughout Wisconsin.



Youth Rotatry Visit

On April 15 **Tom Pyne**, arranged for 20 international students to tour St. Ann Center. They were exchange students hosted by the **Milwaukee Rotary Club**. Both Tom and Sr. Edna are members of the organization.



Stephanie Sue Stein

On April 14, **Stephanie Sue Stein**, executive director of the Milwaukee County Department on Aging, arranged a tour of people from George Washington University (**Lisa Sprague, Judith Moore, and Carol O'Shaunessey**). The purpose of their visit to Milwaukee was to see how the community was implementing Family Care. They called it a "National Health Policy Forum" visit. They planned to return in August with federal legislators to further examine the resources and services in Milwaukee and to influence federal policy.

On April 16 **Kent Henschen** from Bucyrus International (member of the Marketing Committee) invited **Kurt Lingel** of Celtic ad agency to meet with St. Ann Center's marketing team. He provided pro bono consulting on the various printed and online marketing items Juliann Joerres and Ron Zeilinger have produced for the center. The goal was a clear and consistent look in the public eye. Kurt will continue to work with the marketing team.



Kent Henschen & Kurt Lingel

On April 16 new floors were installed in the center's washing machine and tub areas, thanks to **Peter Kordus**, a board member. This much-needed \$4000 job was done at no cost to St. Ann Center. The flooring was donated by **BSI** and **SE Wisconsin Carpentry Joint Apprenticeship and Training Committee** provided apprentices to install the flooring.



James Gormley

On April 3 board member **James Gormley** joined **John Wundrock** of Wisconsin Pharmacal, William McHenry of Entrepreneur Sales & Marketing, **Michael Dickert**, friend of St. Ann Center, and others regarding manufacturing and marketing St. Ann Center wellness products. Jim provided information on the legal aspects.

On March 18 **Tim Sullivan**, board chair, joined **Tom Pyne, Carol Dickert** and **Sr. Edna** at a meeting with four representatives from Aurora regarding collaboration possibilities like a medical clinic, pharmacy, and referrals to St. Ann Center for therapy, respite, or day care. Plans are under way to get Aurora's discharge planners involved in making referrals to St. Ann Center.

25th Anniversary Gala Celebration

An absolutely amazing event is being planned by board members **Raejean Kanter** and **Linda Grunau** for our 25th anniversary gala. The garden party will include an auction, dinner and dancing on July 18 at Boerner Botanical Gardens. Buy your tickets NOW! Please contact Tim La Favor at (414)977-5057 FOR RESERVATION INFORMATION.



Archbishop Callahan at St. Ann Center

10% OFF
(August 2008 ONLY)

Seasons of Life Gift Shop

Please stop and visit our newly decorated unique gallery and gift shop, featuring works by clients of St. Ann Center and local artists. We still offer Isotonix vitamins and wellness products.

Visit us any day Monday - Friday
6:00 a.m. to 6:00 p.m.

We also make beautiful personalized gift baskets for any special occasion.

Only one coupon per person please!

DID YOU KNOW!

St. Ann Center was a national finalist for the *Intergenerational Shared Site Best Practices Award* sponsored by Generations United in Washington D.C. The Center received a \$1000 cash award and certificate recognizing its accomplishment. Leslie Henry, St. Ann Center Intergenerational Coordinator, will be present on June 5, 2008 to be recognized and receive the certificate.

Congratulations, St. Ann Center!

Dates to Remember!

- June 2** - Swim Session 4 Begins
- July 7** - Children's Ceramics Begins 10:00 a.m.
- July 9** - Children's Ceramics Begins 12:30 p.m.
- July 9** - Caregiver Support Group 1:30 - 2:45 p.m.
- July 11** - Children's Ceramics Begins 10:00 a.m.
- July 14** - Cash Raffle Ticket Sales Begin
- July 18** - 25th Anniversary Gala Celebration
- July 22** - Marketing Committee Meeting 8:30 a.m.
- July 28** - Fund Devp. Committee Meeting 11:30 a.m.
- July 30** - Board meeting 7:30 a.m.
- July 30** - Audit Committee Meeting 10:00 a.m.
- August 2** - CPR Training Class 9:00 a.m.
- August 4** - Swim Session 5 Begins
- August 5** - Within My Reach Class Begins 6:00 p.m.
- August 6** - Caregiver Support Group 1:30 - 2:45 p.m.
- August 9** - 2nd CPR Training Class 9:00 a.m.
- August 27** - Audit Committee Meeting 10:00 a.m.
- Sept. 2** - Within My Reach Class Begins 6:00 p.m.
- Sept. 10** - Caregiver Support Group 1:30 - 2:45 p.m.
- Sept. 11** - St. Ann Center All Staff Meeting 6:00 p.m.
- Sept. 17** - Free Overview Transition class 6:00 p.m.
- Sept. 24** - Transition Lifestyle Class 6:00 p.m.
- Sept. 25** - Scholarship 101 Class Begins 6:00 p.m.
- Sept. 30** - Benevolent Touch Workshop - 9:00 a.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

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

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

Non-Profit
Organization
U.S. Postage
PAID
Milwaukee, WI
Permit 1953