

# CONGREGATIONAL HOME

## RESIDENTS' MONTHLY NEWS

Volume 189

Brookfield, Wisconsin

June 2018

### Courtyard Renovation in Progress

Positive improvements are coming to *Congregational Home's* South Courtyard, located across from the Fireside Lounge in the center of the skilled nursing units.

*Villani Landshapers* has been contracted to beautify this outdoor space and create an enjoyable environment for all to share! The April snowstorm and present rain have disrupted the work schedule, which has pushed back the hopeful completion date of Father's Day by a couple of extra weeks.

Many challenges have accompanied this project, including the need of a crane to haul out the old courtyard hardscape and bring in the new materials, which include large pavers for walking paths, bricks for two seat walls, and a water feature! There will be new perennial plants, shaded sitting areas, a fountain, and easy access opening doors to enter and exit the courtyard.

As with any expensive project, we had to scale back on immediate plans for music, increased up-lighting, and a pergola, which we hope to add in future years, or with donations gifted to the cause!

We hope everyone enjoys watching the transformation and looks forward to the joy the finished courtyard will bring!

Kris Sptel, NHA

### Happy Anniversary!!

On March 7, we celebrated Congregational Home employees at an anniversary luncheon celebrating employee length of service and loyalty ranging from 5 to 35 years of service, while also recognizing their exceptional performance. The event was held at TGIF at Miller Park.

Our staff are our most important asset. And we were delighted to recognize their commitment and loyalty not only to our residents, but also to resident families and to each other.

Diane Herrick, Director of Human Resources

Yhashika Bobo	5	Food Service
Crystal Dalton	5	Nursing
Karena Fawe	5	Nursing
Cindy Hensel	5	Food Service
Marshall Hilliard	5	Nursing
Yolanda Monroe	5	Nursing
Wendy Nevels	5	Nursing
Jennifer Schroeder	5	Nursing
Angela Spak	5	Nursing
Ariel Wyatt	5	Nursing

Markela Bond	10	Food Service
Vanessa Eskridge	10	Nursing
Lorita Hawthorne	10	Nursing
Gloria Moore	10	Nursing
Mary Piotrowski	10	Nursing
Barb Simpson	10	Nursing

Angela Larsen	15	Nursing
Terri Rogall	15	Activities
Grace Rutkowski	15	Nursing

Tomasa Bross	20	Laundry
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Mary Murray	25	Activities
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Judith Gehrke	35	Nursing
Cheryl Pommering	35	Nursing



## Congregational Home Summer Party

"Let's Flamingle!"



Wednesday, July 18  
11:00 - 2:00 p.m.  
Dinner at 12:30 p.m.

## What's New at Congregational Home?

### Art Gallery

We have many talented artists here at Congregational Home who enjoy our Thursday afternoon art classes. They are painting with watercolors, acrylics, and alcohol inks. Along with painting, the residents have enjoyed making three dimensional art, such as decoupage eggs at Eastertime, beaded bracelets during the week of Mother's Day, ceramics, and floral arrangements, with many more creative ideas to come.

Please take a look at the wonderfully created works of art in our new art gallery, located in the hallway between the chapel and the MCU nursing station. Beautiful fabric-covered art boards have been hung to display the art that has been created. Displayed art work is rotated on a regular basis, as the residents continue to explore and learn new techniques.

Residents, staff, and family members have welcomed and are enjoying the new addition to Congregational Home.

Kelly Snyder, Activity Dept. Staff

## Monthly Prayer Circle

Please join us to celebrate, honor, and remember the lives of the following residents who have entered into eternal life:

Donald Knigge  
Fr. Joseph Doscher  
Fr. Stephen Wiese  
Joanne Schalk  
Gloria Bergman



The prayer circle is open to residents, family, and staff members.

Wednesday, June 13  
10:30 a.m.  
Chapel

## Father's Day Dinner

12:30 p.m.

Fresh Spinach Salad with  
Hot Bacon Dressing  
Roast Prime Rib with  
Au Jus and Horseradish Sauce  
Twice Baked Potato  
Broccoli with Cheese Sauce  
Dinner Roll  
Black Forest Cake

**Adults (10 & Older) = \$16 and Children = \$8**

## Reservation Deadline

**Thursday, June 14**

## June Events / Entertainment

June 02	Saturday	2:00 p.m.	Piano Recital ~ Chapel
June 05	Tuesday	2:00 p.m.	Brookfield Christian School 4 <sup>th</sup> Grade Band ~ Chapel
June 07	Thursday	10:15 a.m. 2:00 p.m.	Devotions with Tesha and Hymn Sing with Eva ~ Chapel Flamingo Painting ~ Activity Center
June 08	Friday	10:30 a.m. 6:30 p.m.	Hug-a-Pup ~ Activity Center Piano Recital ~ Chapel
June 11	Monday	10:15 a.m.	Music with Marj ~ Chapel
June 13	Wednesday	10:30 a.m.	Prayer Circle ~ Chapel
June 14	Thursday	10:15 a.m. 2:00 p.m.	Devotions with Tesha and Hymn Sing with Andrea ~ Chapel Women's Club - Wedding Day Display ~ Chapel
June 15	Friday	10:15 a.m. 2:00 p.m.	Pam's Family Child Care Visits ~ Chapel Men's Club - Game Day ~ Activity Center
June 16	Saturday	2:00 p.m.	Musical Memories with Katherine and Irene ~ Chapel
June 17	Sunday	12:30 p.m.	Father's Day Dinner ~ Dining Rooms
June 21	Thursday	10:15 a.m. 2:00 p.m. 3:45 p.m.	Devotions with Tesha and Hymn Sing ~ Chapel Water Color Painting with Kathy ~ Activity Center Skilled Resident Meeting ~ First Floor Dining Room
June 22	Friday	3:30 p.m.	Celebrate Summer with Ice Cream ~ Activity Center / Gazebo
June 27	Wednesday	11:45 a.m.	Assisted Living Resident Meeting ~ East Suites
June 28	Thursday	10:15 a.m.	Devotions with Tesha and Hymn Sing with Heather ~ Chapel

### Assisted Living Residents

Happy ½ Hour  
 Every Wednesday  
 5:00 p.m.  
 Chapel Dining Room



### Skilled Residents

Happy ½ Hour  
 Every Thursday  
 5:00 p.m.  
 1<sup>st</sup> Floor Dining Room

## June Outings

June 08	Friday	2:00 p.m.	Grocery Shopping at Pick n Save
June 11	Monday	2:00 p.m.	Abundant Life Outing
June 15	Friday	2:00 p.m.	Grocery Shopping at Sendik's or Whole Foods Market
June 18	Monday	1:45 p.m.	Assisted Living Ride
June 22	Friday	2:00 p.m.	Grocery Shopping at Pick n Save
June 25	Monday	2:00 p.m.	SNF-1 Ride

## SUMMER'S MEDICAL EMERGENCY

A heat stroke is considered the most severe form of heat injury and needs to be treated as a medical emergency. The condition can cause serious damage to the brain, and may even be fatal. It can result from a progression of a milder form of heat injury, such as heat exhaustion, heat cramps, or heat syncope. However, a heat stroke may also strike without any prior symptoms of heat injury.

The condition results from prolonged exposure to high temperatures (sitting in direct sunlight for hours) often in collaboration with dehydration, an important factor in regulating internal body temperature. A heat stroke may be brought on by not replacing lost fluids over a few days or weeks. Certain medications, such as antidepressants, NSAIDS (ibuprofen), or antibiotics, can increase the body's heat intolerance or sensitivity to the sun.

An individual is considered suffering from a heat stroke when the core body temperature reaches higher than 105 degrees Fahrenheit. This spike in body temperature can involve complications in the central nervous system due to the exposure to high external temperatures. At this point, the heat stroke occurs as the body is no longer able to regulate temperatures which keep rising. Heatstroke can cause shock, brain damage, organ failure, and even death.

Typically, elderly individuals are more prone to suffer from a heat stroke, but it can also affect young people just as easily.

Some of the most common symptoms associated with a heat stroke include the following:

- Fainting
- Muscle cramps and nausea
- Throbbing headache
- Dizziness
- Alteration in sweating
- Flushed skin
- Rapid heartbeat
- Rapid shallow breathing
- Altered mental status
- Seizures

It is important to remember that heat stroke is a medical emergency that requires urgent attention. Once a heat stroke sets in, the body's internal systems start to shut down and several of the organs suffer damage. To prevent further damage, the internal temperature needs to be reduced quickly. Once heat stroke is suspected, cooling must begin immediately and continued throughout the individual's resuscitation.

Heat stroke is a preventable condition which can be averted by protecting against sunburn (using sun screen), drinking lots of fluids, wearing loose fitting and lightweight clothing, and not staying in direct sunlight for long periods of time. When the heat index is high, it is recommended that you stay in doors with air conditioning. By following these simple tips, you can prevent a medical emergency this summer while enjoying the warmer weather.

Anmarie Kehoss, RN  
ADON/IP/Staff development

# Special Days in June

## Resident Birthdays

06/03	Robert Bark	06/14	Irene Kaiser
06/04	Susan Brotherhood	06/17	Ione Milella
06/08	Nancy Schad	06/17	Demetria Victoria
06/10	Peyton Muehlmeier	06/23	Elaine Franzen
06/13	Judy Wucherer	06/27	Bob Nitz

## Employee Birthdays

06/09	Shakiller Moore	Nursing	06/18	Jennifer Schroeder	Nursing
06/09	Brenda Suelflow	Food Service	06/18	Kris Sptel	Administration
06/12	Jennie Terry	Nursing	06/25	Esther Ndon	Nursing
06/14	Hope Crawley	Housekeeping	06/26	Clare Fenelon	Food Service
06/18	Temica Jackson	Nursing			



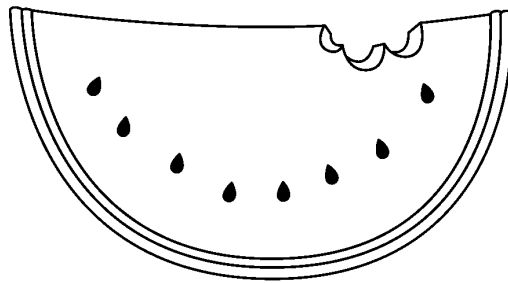
## Employee Anniversaries

06/01	Jane Grimord	7 Years	Nursing
06/04	Sharon Henderson	4 Years	Nursing
06/05	Carolyn Garner	1 Year	Nursing
06/05	Erica Olson	1 Year	Social Services
06/05	Terri Rogall	16 Years	Activities
06/05	Vicky Treadwell	1 Year	Nursing
06/09	Twyonna McKinney	4 Years	Food Service
06/16	Rich Medina	3 Years	Plant Ops
06/16	Mary Murray	26 Years	Activities
06/16	Danita Whitfield	20 Years	Nursing
06/17	Eileen Toman	15 Years	Food Service
06/20	Trish Miszewski	1 Year	Nursing
06/20	Esther Ndon	1 Year	Nursing
06/21	Al Evans	8 Years	Food Service
06/21	Gurpreet Kaur	1 Year	Nursing
06/21	Steve LaMonte	1 Year	Plant Ops
06/22	Jamila Edwards	2 Years	Nursing
06/22	Ahmande Nuness	2 Years	Nursing

# The Apartment Page

## June Events / Entertainment

June 01	Friday	11:00 a.m.	Apartment Resident Meeting ~ Commons
June 02	Saturday	2:00 p.m.	Piano Recital ~ Chapel
June 05	Tuesday	2:00 p.m.	Brookfield Christian School 4 <sup>th</sup> Grade Band ~ Chapel
June 06	Wednesday	4:30 p.m.	Apartment Social ~ Commons
June 07	Thursday	10:15 a.m. 2:00 p.m.	Devotions with Tesha and Hymn Sing with Eva ~ Chapel Flamingo Painting ~ Activity Center
June 08	Friday	10:30 a.m. 6:30 p.m.	Hug-a-Pup ~ Activity Center Piano Recital ~ Chapel
June 11	Monday	10:15 a.m.	Music with Marj ~ Chapel
June 13	Wednesday	10:30 a.m. 4:30 p.m.	Prayer Circle ~ Chapel Apartment Wine and Beer Social ~ Commons
June 14	Thursday	10:15 a.m. 2:00 p.m.	Devotions with Tesha and Hymn Sing with Andrea ~ Chapel Women's Club - Wedding Day Display ~ Chapel
June 15	Friday	10:15 a.m. 2:00 p.m.	Pam's Family Child Care Visits ~ Chapel Men's Club - Game Day ~ Activity Center
June 16	Saturday	2:00 p.m.	Musical Memories with Katherine and Irene ~ Chapel
June 17	Sunday	12:30 p.m.	Father's Day Dinner ~ Dining Rooms
June 20	Wednesday	4:30 p.m. 5:30 p.m.	Apartment Social ~ Commons Apartment Dinner ~ Apartment Dining Room
June 21	Thursday	10:15 a.m. 2:00 p.m.	Devotions with Tesha and Hymn Sing ~ Chapel Water Color Painting with Kathy ~ Activity Center
June 22	Friday	3:30 p.m.	Celebrate Summer with Ice Cream ~ Activity Center / Gazebo
June 27	Wednesday	4:30 p.m.	Apartment Social ~ Commons
June 28	Thursday	10:15 a.m.	Devotions with Tesha and Hymn Sing with Heather ~ Chapel
June 29	Friday	12:15 p.m.	Apartment Lunch Outing



Activity	Day	Date	Time	Location
Games with DdG	Monday	June 4, 11, 18, 25	2:00 p.m.	Commons
Yoga with Molly	Tuesday	June 5, 12, 19, 26	10:30 a.m.	Commons
Lifelong Learning Study Group	Wednesday	June 6, 13, 20, 27	2:00 p.m.	Commons
Grocery Shopping	Friday	June 15	2:00 p.m.	Whole Foods Market
Grocery Shopping	Friday	June 8, 22	2:00 p.m.	Pick 'n Save
Strength and Balance (Exercise)	M/W/F	June 4, 6, 8, 11, 15, 18, 22, 25, 27, 29	10:30 a.m.	Commons