

Congregational Home

Congregational Home 13900 W. Burleigh, WI 53005 Ph: 262-781-0550 www.CongregationalHome.org

Resident's Monthly News
February 2026

OUR
Residents
ARE OUR
Valentines





Brain health is the ability to recall, plan, learn, focus and keep a clear active mind. Lifestyle has a great impact on your brain health including physical and mental exercise, medical health, diet, sleep and relaxation and social interaction. Mental decline is one of most feared consequences of aging but with a proactive approach to brain health you can make a qualitative difference in the way you think and feel!

HERE ARE SOME WAYS TO HELP MAINTAIN BRAIN HEALTH

1. **Physical Exercise-** Physical exercise helps improve blood flow and memory. Physical exercise can help lower blood pressure, improve blood sugar balance, improve cholesterol levels, improve mood and decrease stress.
2. **Mental Exercise-** Mental exercise is important in keeping the brain healthy. Mental stimulating exercises can be crossword puzzles, word search, sudoku, math problems, reading and taking courses. Tasks that require hand coordination as well as mental effort such as painting, drawing, puzzles, crocheting or knitting are also important. There are many fun and interactive brain boosting online games. A speech therapist can help you explore viable options to help you keep your brain fit.
3. **Healthy diet-good nutrition** is as important for your mind as well as your body. A diet that focuses on fruits, vegetables, fish, nuts, unsaturated oils and plant-based proteins. Drinking water and staying hydrated is essential. One should avoid excessive alcohol intake as it is a major risk factor for dementia.
4. **Medical Health-**It's important that you control and reduce your risks if you have any of the following: HTN, diabetes, obesity, depression, head trauma, high cholesterol. One should also avoid tobacco. Stress reduction has the power to not only enhance your memory but also reduce medical risks. Go for your annual checkup and follow your doctor's advice in regard to taking medications.
5. **Sleep and relaxation-**Quality sleep improves our mood and sharpens our brain. Most adults benefit from 7-9 hours per night. Tips on getting a good night sleep: avoid long naps, keep electronic devices out of the room, exercise, avoid caffeine and follow regular sleep schedules. Relaxation reduces stress and symptoms of depression and anxiety. Brains need downtime.
6. **Socialization:** Socializing is good for your brain health. Social interaction not only improves our mood but also stimulates our brain. Many activities offer opportunities to socialize like bingo, church, crafts, cards, chess, trivia, singing etc. Discover a new talent. Volunteering can reduce social isolation and allow new skills to be developed.

Keeping our brains healthy is a multi-faceted process. Staying sharp in older age is a combination of physical and mental training. Physical Therapy, occupational therapy and speech therapy can help aid in the prevention of mental and functional decline. For more information, please contact the therapy department.



Please fill out this form
and return it to
the Reception Office or
Life Enrichment with
a resident you would like to learn more about
and we will feature them
in our March Resident Newsletter!

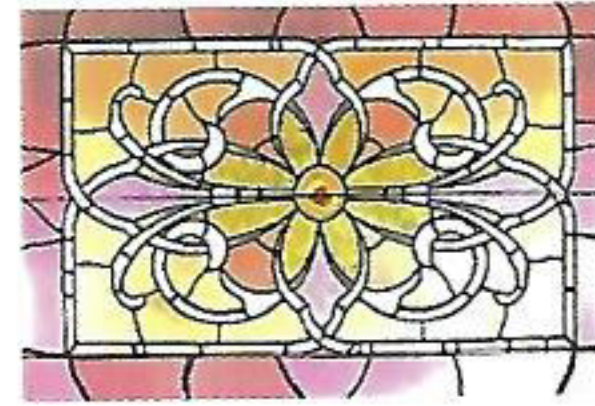
Nominee Name _____

Please return this form to the Reception Office or
Life Enrichment.

Thank you!

A Message from Chaplain Maureen

As we begin the Lenten Season, this prayer reminds us to be quiet and listen to God. May our time of listening make Jesus' sacrifice for us on Good Friday and His resurrection on Easter even more personal and meaningful.



*This prayer is written by Mother Teresa and comes from the book
No Greater Love*

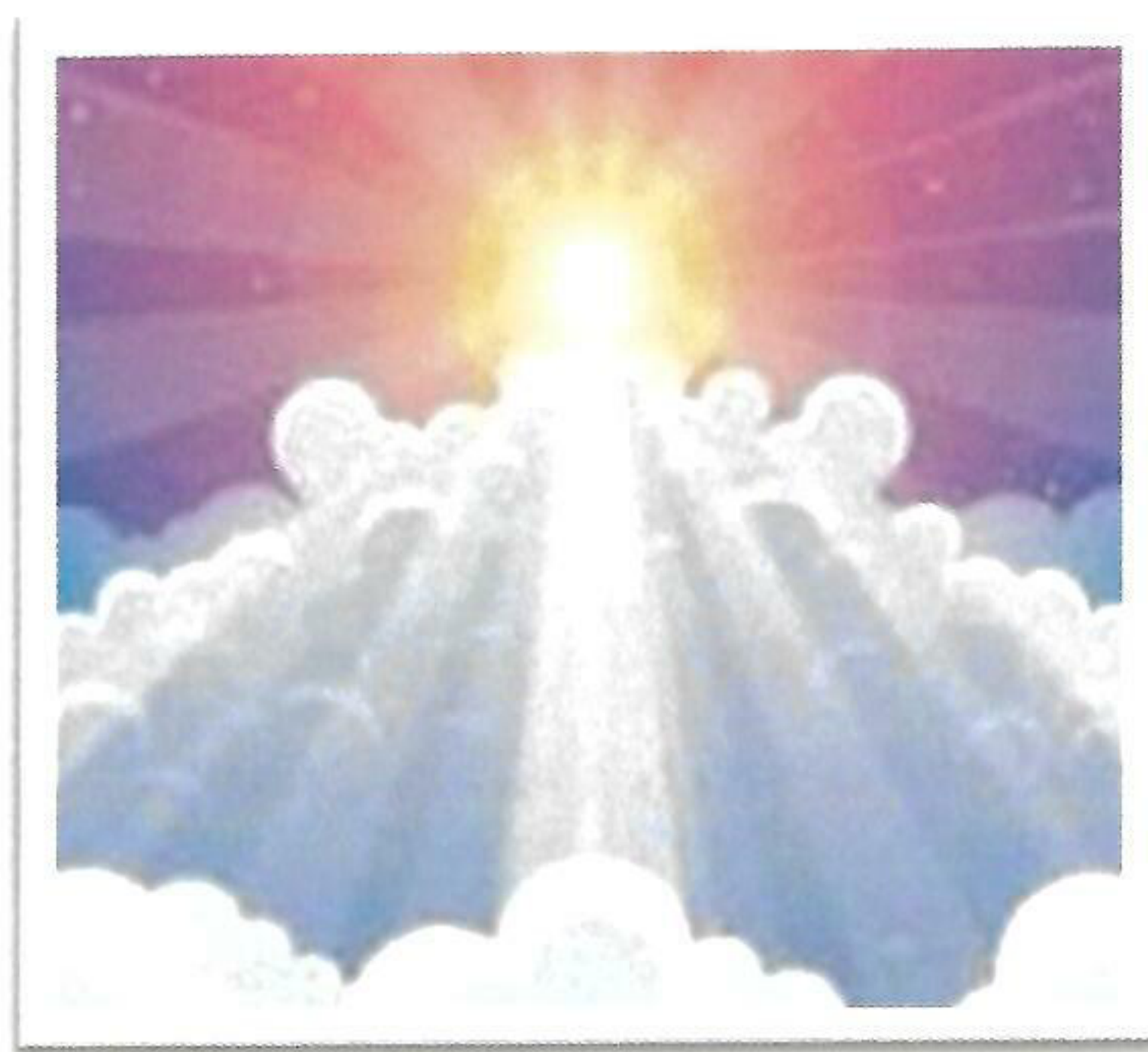
*"We cannot find God in noise and agitation.
Nature: trees, flowers, and grass grow in silence.
The stars, the moon, and the sun move in silence.
What is essential is not what we say
but what God tells us and what He tells others through us.*

*In silence He listens to us;
in silence He speaks to our souls.
In silence we are granted
the privilege of listening to His voice.*

*Silence of our eyes.
Silence of our ears.
Silence of our mouths.
Silence of our minds.
...in the silence of the heart
God will speak."*

<https://godspacelight.com/2015/03/13/do-it-anyway-a-lenten-prayer-by-mother-teresa/>

*Be still, and know that I am God.
I will be exalted among the nations, I will be exalted in the earth!"
Psalm 46:10*



Remembrance Service

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

Thursday, February 12

10:30 am

Chapel

Betty Rhone 12-26-25

James Lecher 12-29-25

Eva Lotz 1-7-26

Dick Kehl 1-21-26

The Remembrance Service is open to
residents, family members, and employees.



We welcomed Natalie and said farewell to Rodica last month!

Our Beauty Salon's new hours,
starting **February 1**, are below.

Natalie on Tuesdays, Wednesdays and Thursdays

Susie on Wednesdays and Thursdays

And Bridgett on Thursdays for Manicures and Pedicures

Please see the schedules on the bulletin board outside of the salon
to sign up for the slots you wish to have.

The salon is closed on Mondays and Fridays as well as the weekends.

FEBRUARY EMPLOYEE SPOTLIGHT

• *Becca Schimek*
LM

This month, we're recognizing an employee who consistently goes above and beyond. They are dependable, take initiative without being asked, and bring a kind, positive presence to the workplace. Their reliability and genuine care for others make a meaningful impact every day, and we are truly grateful to have them as part of our team.

Guitar & Piano Concerts



Happy New Year!

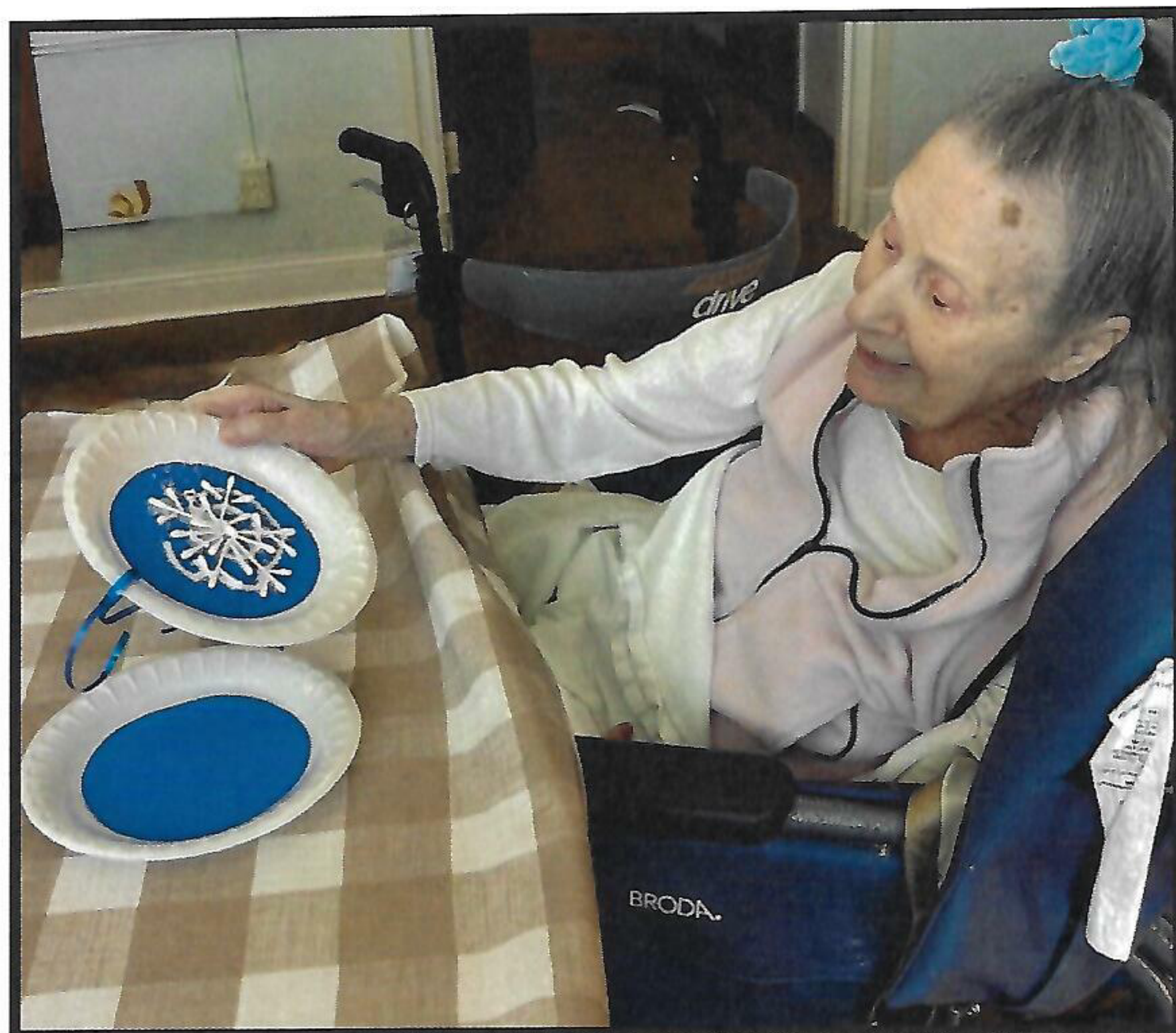


Birthday Celebration



Musical Tunes with Stephanie





Craft Time



Sail Away Cruise Day!

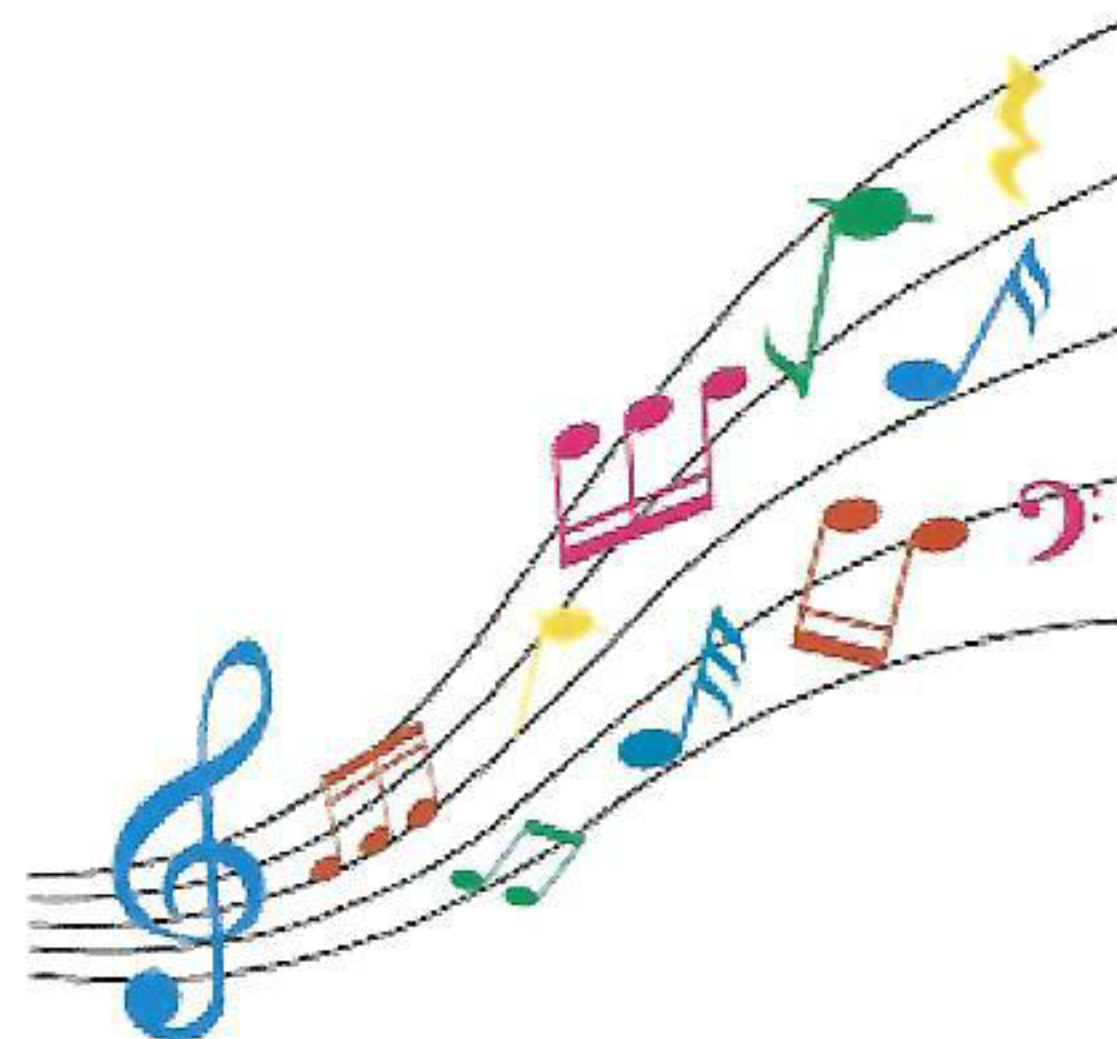


Upcoming Events

**Birthday Social with
Frogwater**
February 4 Chapel D.R. at 2:00 pm



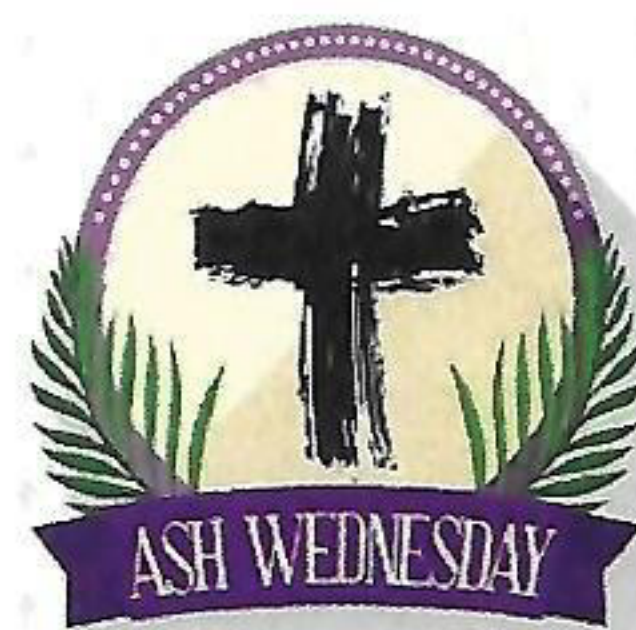
Music with Chuck
February 11 in the Chapel at 2:00 pm



**Harp Concert with
Mary Keppeler**
February 13 in the Chapel at 2:00 pm



Ash Wednesday Service
February 18 in the Chapel



Father Jose' Catholic Service 10:00 am

Chaplain Maureen Non-Denominational
at 11:00 am

**Mardi Gras Party with
Bourbon Street Stompers**
February 17 in the Chapel D.R. at 1:30 pm



Accordion Music with John
February 27 in the Chapel at 2:00 pm





Updated 1-19-26

- **MEDICARE'S Highest 5-Star Rating** for Nursing Staff Levels.
- Named a 2025 **High Performing Short-Term Rehab & Long-Term Care Facility** by **US NEWS & WORLD REPORT**
- **Physician and/or Nurse Practitioner Onsite Daily**: At least one of these medical providers is onsite here 5 days a week thanks to our Partnership with **FROEDTERT HEALTH** and the "Mobile Care Team" they have placed at Congregational Home. This level of care is rarely seen in most other facilities and is key in helping to keep our residents stable and out of the hospital.
- **24-Hour Onsite RN Nurse Coverage**: We have RNs on all 3 shifts
- We have one of the **Highest Nursing Staff Levels** in the state
- **No Temp Agency Staff**: We use only our own staff to ensure quality & continuity of care
- Our **Dedicated Nursing Assistants** focus only on the care of residents, they are not pulled away to perform duties in the housekeeping, laundry or kitchen departments
- **Life Plan Community with Full Continuum of Care**: We are one of a small percentage of organizations in the region that offers a Full Continuum of Care - and it's ***All Under One Roof!***

Short-Term Subacute Rehab • Independent Living • Assisted Living (Both RCAC & CBRF)
Memory Care • Skilled Nursing Home Care • Hospice Care
- **Rare Dual License** allowing couples with different levels of care to stay together
- **No Roommates!** We are 100% private rooms, suites & apartments, so no worrying about getting an unwanted roommate or sharing a bathroom with the person next door (we can accommodate couples who want to be together)
- **Apartment-Style Rehab Suites** with living room, kitchenette, bedroom & bathroom. These suites are unparalleled in our region and they are **FREE** for our Medicare rehab patients.
- **Tons of Amenities!** Fitness Center, Putting Green, Coffee Bar, Theater, Salon, Chapel & more...
- Providing care the **Non-Profit** way by returning profits back into our organization for the betterment of those we serve ...***You Can Feel The Non-Profit Difference!***



Est. 1974

***Congregational Home is Celebrating
Over 50 Years of Caring!***

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