

CONGREGATIONAL HOME

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

RESIDENTS' MONTHLY NEWS FOR JUNE

From the Chaplain's Heart

Wishing all the Fathers a Most Blessed and Special Day!

With Much Love from Chaplain Maureen



Dad ~ by Karen K. Boyer

He never looks for praises
He's never one to boast
He just goes on quietly working
For those he loves the most

His dreams are seldom spoken
His wants are very few
And most the time his worries
Will go unspoken too

He's there.... A firm foundation
Through all our storms of life
A sturdy hand to hold
In times of stress and strife

A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad.

And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. ~Luke 15:20 (RSV)



JUNE EMPLOYEE SPOTLIGHT



Tina Koenig

Payroll



ALWAYS ACCURATE AND ON
TIME WITH PAYROLL



QUICK TO RESOLVE PAYROLL
ISSUES



SUPPORTS EMPLOYEES WITH
CARE



POSITIVE ATTITUDE



CONSISTENTLY DEPENDABLE

THANK YOU FOR YOUR INCREDIBLE DEDICATION AND PRECISION. YOUR HARD WORK BEHIND THE SCENES ENSURES EVERYTHING RUNS SMOOTHLY, AND WE'RE TRULY GRATEFUL FOR THE CARE YOU PUT INTO SUPPORTING OUR TEAM. YOU MAKE A BIG DIFFERENCE EVERY DAY!



Upcoming Events

Birthday Social with Joe Kadleck
June 4, Chapel Dining Room, at 2:30



String Concert
With Brookfield Christian School
June 5, in the Chapel, at 3:30



Live Music with Frogwater
June 12, in Betty's Garden, at 1:45
And the Fireside Courtyard 3:30



Milwaukee Youth
Music Group
June 14 in the Chapel at 10:30



Ada Trio Violin Music
June 17 in the Chapel at 11:00



Casual Day, June 19
Wear red, black or green!



Mother's Day



Birthday Social





Remembrance Service

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

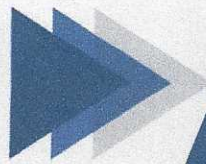
Arlene Adams 4/30/25
Beverly Archibald 5/08/25
James "Bill" Little 5/13/25
John Fellows 5/14/25
Jane Campbell 5/17/25
Charlotte Kosidowski 5/20/25

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

Thursday, June 12

10:30 a.m.

Chapel



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough or any insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems. These can include kidney disease, vision loss, heart disease, stroke, and neuropathy. Many of these long-term complications can be barriers to performance of activities necessary to successfully self-manage diabetes. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

Occupational and physical therapists can play a strong role in diabetes education and self-management for individuals who are likely to develop the disease as well as those who are already diagnosed. Therapists are experts at analyzing the performance skills and patterns necessary for people to engage in their everyday activities. Therapists can:

- Effectively educate and train persons at risk for or who currently have diabetes to modify current habits and routines and develop new ones to promote a healthier lifestyle and minimize disease progression.
- Promote healthy food choices and safe cooking methods.
- Instruct in safe and appropriate ways to incorporate exercise and physical activity into daily routines and providing treatment for complications.
- Provide techniques to organize and track medications.
- Instruct in the use of low-vision and nonvisual devices to draw up and measure insulin.
- Instruct and provide strategies to successfully use a talking blood glucose monitor or use any blood glucose monitor one handed.
- Incorporate protective techniques and compensation for peripheral sensory loss in activities that involve exposure to heat, cold, and sharp objects.
- Educate in techniques to structure time and simplify activities to cope with depression.

If you would like to learn more about how an Occupational or Physical Therapists can assist you in the management of diabetes, please feel free to contact us.



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:

1. Fainting
2. Muscle cramps and nausea
3. Throbbing headache
4. Dizziness
5. Alteration in sweating
6. Flushed skin
7. Rapid heartbeat
8. Rapid shallow breathing
9. 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 ~ Director of Nursing



Congregational Home Retirement Community

Updated 2-17-25

- **MEDICARE'S** Highest 5-Star Rating for Overall Performance, Staffing & Quality Measures.
- Named a 2024 High Performing Short-Term Rehab Facility by **US NEWS & WORLD REPORT**
- Named the 2024 Top Choice for Nursing Home Care by **MILWAUKEE JOURNAL SENTINEL** readers
- **Physician and/or Nurse Practitioner Onsite Daily:** One to two 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 multiple RN's 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
- **24-Hour Help Call System with TALK CAPABILITY:** Just like the hospitals have!
- **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!**

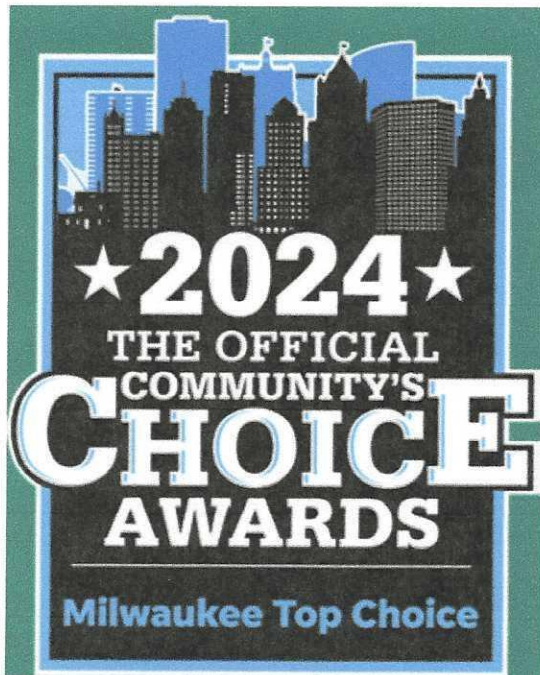
Short-Term Subacute Rehab • Independent Living • Assisted Living (Both RCAC & CBRF)
Memory Care • Skilled Nursing Home Care • Hospice Care
- **Rare Dual License** allowing couples with different levels of care to stay together
- **No Roommates!** We are 100% private rooms, suites & apartments, so no 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!**



Congregational Home
Retirement Community



Five-Star Quality Rated
by Centers for Medicare and Medicaid Services



1974 - 2024

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

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