



Congregational Home

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

Resident's Monthly News October 2026

Calling all Residents and Staff

Join us for our Halloween Costume Contest

Wednesday, October 28
2:30 pm

Live Entertainment with Rockn' Randy

Spooktacular Fun!!!



DENTAL CONSIDERATIONS AS WE AGE

BY CHARLES HAJINIAN DDS & TIM JENNESS DDS ~ RESIDENT DENTISTS

As we age a number of abilities decrease, including our skills to care for our teeth as we did in the past or we might consume sugary items, which may result in inflamed gums, bad breath and rampant decay.

Our saliva output decreases: our saliva acts as a natural lubricant for food and actually helps to clean the teeth after each meal. With decreased saliva due to age and certain meds, foods stick to teeth longer which can result in decay, inflamed gums and tartar build up. Drinking more water after eating will help.

Our physical ability to floss and brush decreases: this again, can result in decay and tartar build up, bad breath and inflamed, infected gums.

Some suggestions: putting a bicycle handle on the end of a toothbrush can make it easier for someone with arthritis to hold and use the brush. Also a Sonic or vibrating tooth brush are quite helpful. Soften the brush head with warm water and use gently. There are floss aides with long handles which make flossing easier. A non-alcoholic cavity preventative rinse is useful. Avoid alcohol mouthwashes as they can dry the oral tissues. Avoid sweets. Sugar sitting on teeth is not good.

Most important: Dental care does not end once one enters a Retirement Community. Having a tooth break, infected gums bleeding or an abscess occur, is expensive and not something you want to go through.

REGULAR Preventative Six Month Dental Appointments – a Dentist will come to your room, suite or apartment.

Call Dr. Chuck for more information **262-352-4140**. 45 years caring for the Elderly

Dr. Visit, Exam, Cleaning & Fluoride - \$397

Call Dr. Chuck Hajinian to schedule

IS IT A COLD OR FLU?

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

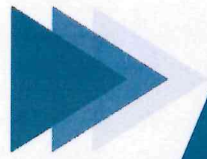


Flu can cause mild to severe illness. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these signs and symptoms.

*It's important to note that not everyone with flu will have a fever.

If you have symptoms please take precautionary measures and do not visit others while contagious. Thank you!





Arthritis is generally defined by inflammation in the joints. The most common form of arthritis is osteoarthritis, which is degeneration of the bone and cartilage. Osteoarthritis often affects weight bearing joints such as the hip, knee, spine, and thumb. Osteoarthritis is a degenerative disease that gets worse over time and can affect function in your daily activities.

SYMPTOMS

- Pain
- Joint deformities
- Swelling in the joints
- Stiffness in the joints
- Tenderness
- Bone spurs

RISK FACTORS

- Hereditary
- Obesity
- Joint injuries
- Repetitive motion of the joint
- Female
- Age

TREATMENT consist of use of non-prescriptive and prescriptive medications, physical and occupational therapies, self-management and if necessary, surgery, to help reduce symptoms or improve functional abilities.

- **SELF MANAGEMENT** Physical exercise and ultimately losing weight reduces stress on the joints and can decrease pain and improve function. Use of ice packs and heating pads can also reduce pain and stiffness. Know your limits-don't overdo them. Balance activity with rest. Talking to your doctor and following their recommended treatment plan will offer you the support you need for optimal self-management
- **PHYSICAL THERAPY** Physical Therapy can provide exercises to help with joint pain. They can teach you gentle stretching to help with morning stiffness. They can teach you proper body mechanics to help alleviate stress on joints. For example, the proper way to get in and out of a car or lift objects.
- **OCCUPATIONAL THERAPY** Occupational Therapists can train you how to protect your joints by using adaptive equipment (like a long handles shoe horn) and if needed custom fit prefabricated splints not only to reduce stress on joints but to compensate for loss of function and pain. Occupational therapists can also assess your home and make recommendations for home modifications to simplify movement and optimize independence.
- **SURGERY** Joint surgery can remove damaged parts and replace them with new man-made parts. Surgery is not recommended for everyone. Replacing a joint can aid in the reduction of pain and help you move with greater ease. The most common types of joint replacements are hips, knees, and shoulders. A physical and occupational therapy program is usually recommended post joint replacement to regain motion, strength, and prior function.

Treatment for arthritis aims to control pain, minimize joint damage, and improve the quality of life. Occupational and Physical Therapy can be an integral part of your treatment plan. Please contact Greenfield Rehabilitation for more information. We would love to be part of your treatment plan.

♥ National Assisted Living Week
Director and Nurse Manager 😊



Medicare Advantage Plan

With open enrollment approaching for insurance, we want to make everyone aware of a United Healthcare Medicare Advantage Plan designed specifically for those residing in a long-term community.

This plan comes with many perks including an additional nurse practitioner who assists in managing your health needs.

Congregational Home has been working with this plan for many years with positive feedback.

There is a contact person listed on the next page of this newsletter or you can reach out to your Social Worker with questions or to receive more information.

Gina Osell
Director of Assisted Living and CBRF



Have questions about Medicare? I can help.

Dear Congregational Home residents,

As your local licensed sales agent, I'm here to support you and help you get the most from your Medicare Advantage plan. I also want to make sure you feel informed, confident and ready for the year ahead.

Here are a few things to remember as you get ready for the upcoming year:

- Your **2027 Annual Notice of Change** will be ready for review in September. The Annual Notice of Change explains your plan updates for 2027, including any changes to your costs, benefits and coverage. Reviewing it can help make sure you still have the right UnitedHealthcare plan to support your needs.
- Get the most out of your plan with our **Plan Checkup** tool. Use it to review your current coverage to confirm your plan is still the right fit for your needs.
- Confidence begins with knowing more. Visit the **Prepare for Next Year** page on your member site or on the UnitedHealthcare app to review your coverage.

Thank you for your trust in UnitedHealthcare and me. Whatever comes next, UnitedHealthcare provides Medicare coverage you can count on for your whole life ahead. Call or email me if you need help with your plan or if your health needs have changed.

Sincerely,
Seng Weiland

Take advantage of 1-on-1 support. Call me if you have any questions about your plan.

Seng Weiland

Licensed Sales Agent

414-443-4021, TTY 711

seng.weiland@optum.com

<https://www.uhccareadvantage.com/>

**REMINDER: Medicare's Annual Enrollment Period (AEP):
October 15 - December 7**

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage Plans: A Medicare Advantage organization with a Medicare contract. For Dual Special Needs Plans: A Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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From the Chaplain's Heart

Sharing this poem with thankfulness for your generosity of time and sharing. Your stories are a blessing! Much love, Chaplain Maureen



Through the Golden Years

We can't turn back the clock
To how it used to be,
The yesterday we knew before
Is but a memory

Though our years become the past,
We have our future still
And we can know His guiding hand
In doing our Father's will

As we pause and consider
The life that God has given,
We see how much we've learned of Him
And grown in godly wisdom

So we may be an instrument
For God to encourage through,
To impart into other lives
The knowledge they can use

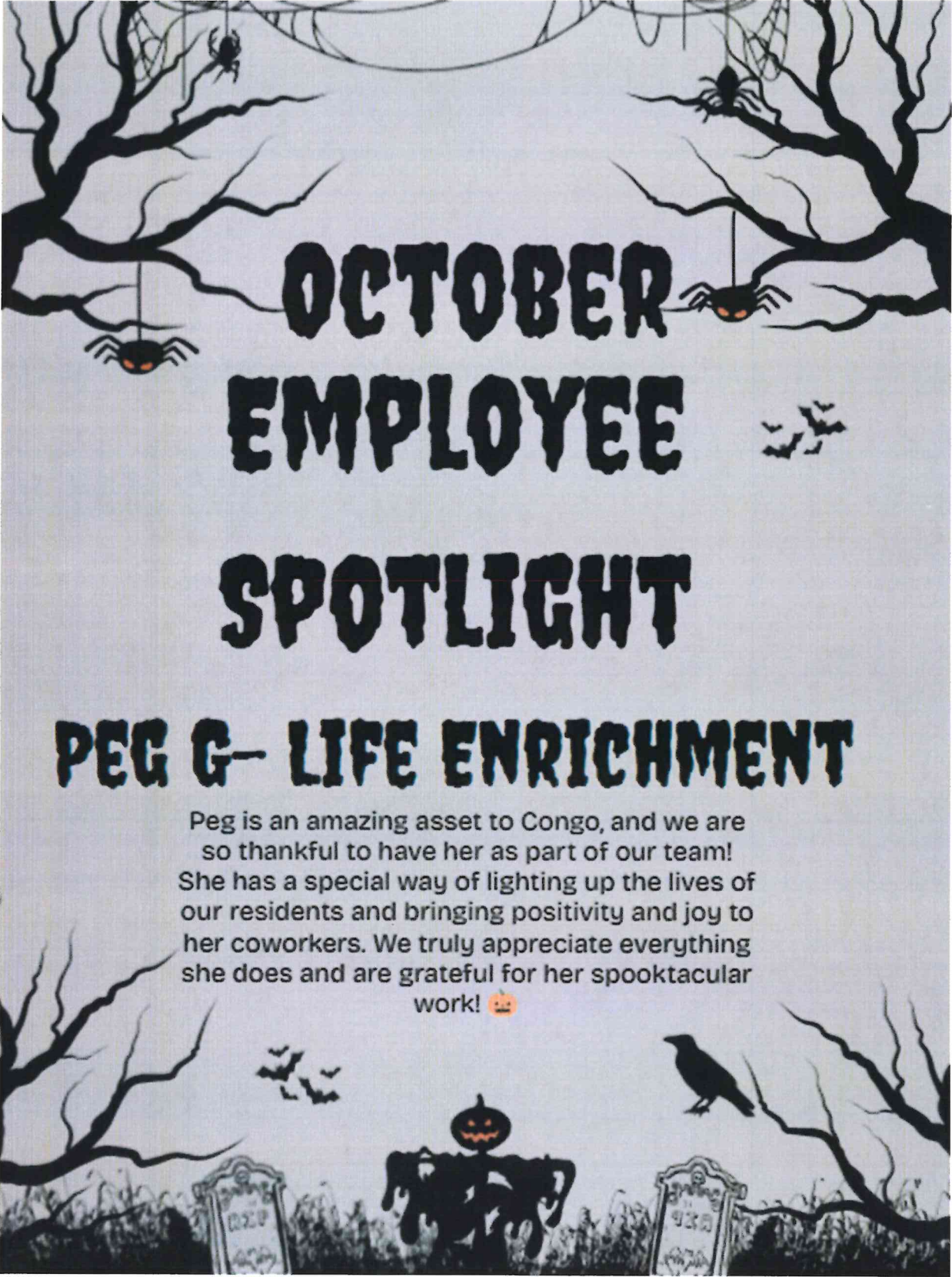
So we shouldn't settle back
Into the golden years,
For God has more for us to do,
We've so much more to share.

° By M.S.Lowndes



Wisdom is with the aged, And with long life comes understanding. Job 12:12

Employee Spotlight

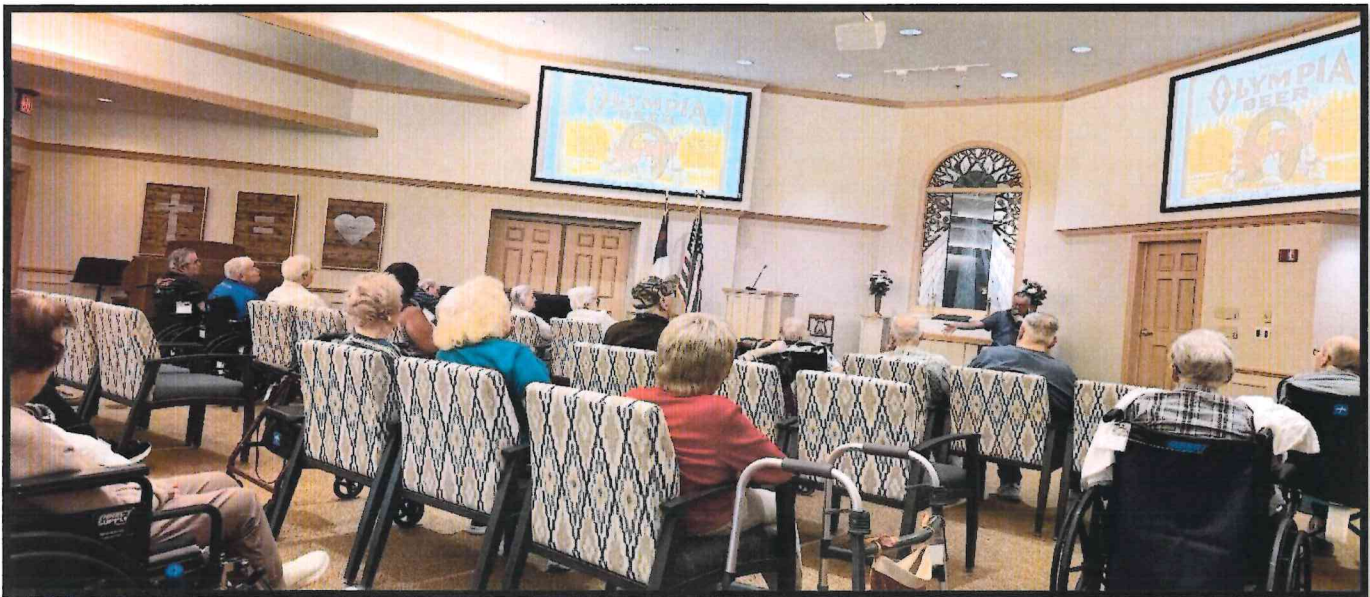


OCTOBER EMPLOYEE SPOTLIGHT

PEG G- LIFE ENRICHMENT

Peg is an amazing asset to Congo, and we are so thankful to have her as part of our team! She has a special way of lighting up the lives of our residents and bringing positivity and joy to her coworkers. We truly appreciate everything she does and are grateful for her spooktacular work! 🎃

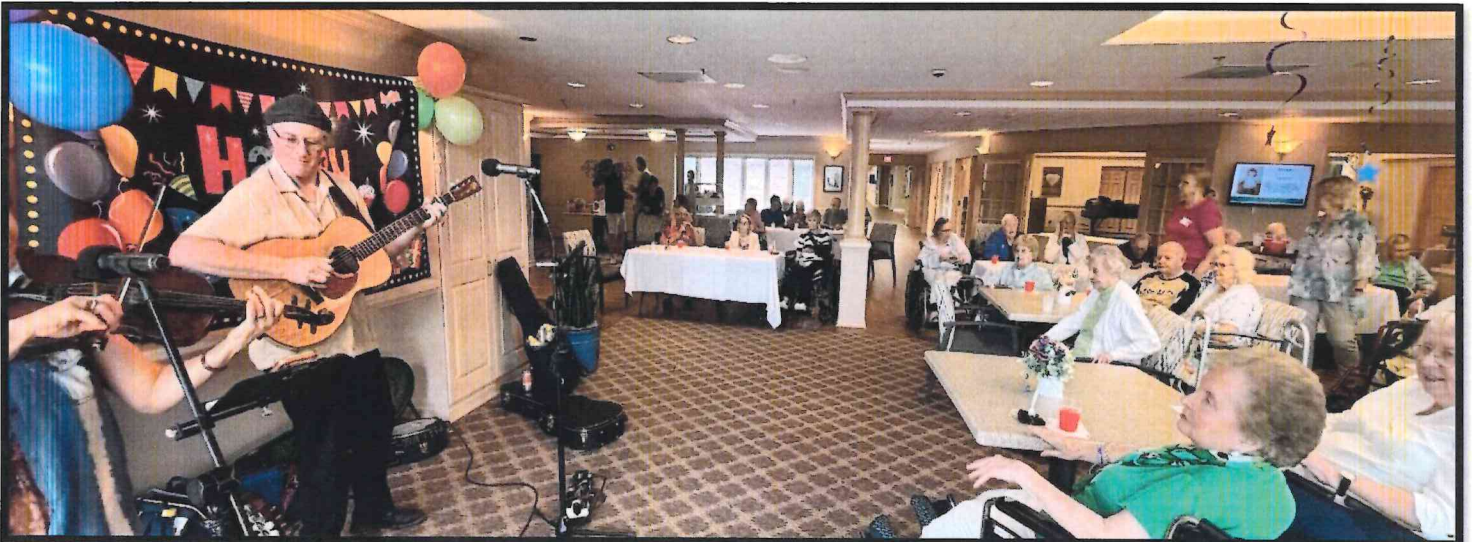
Let's Know our Neighborhood-Pabst Brewery



Dolly Parton Movie



Birthday Social





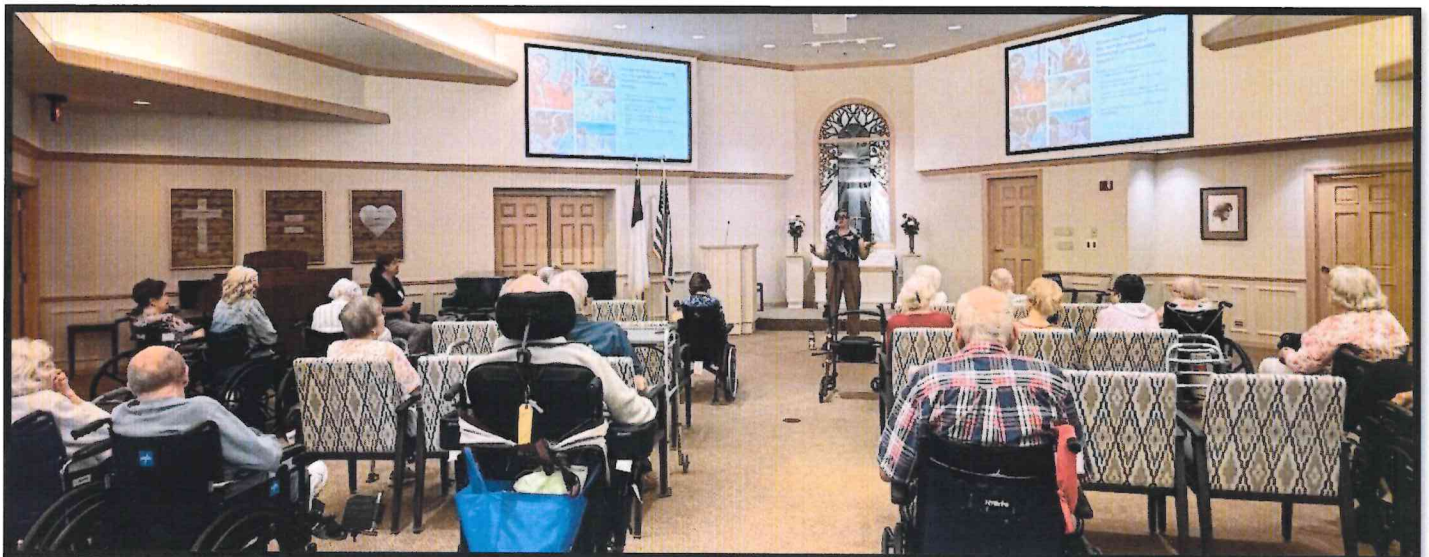
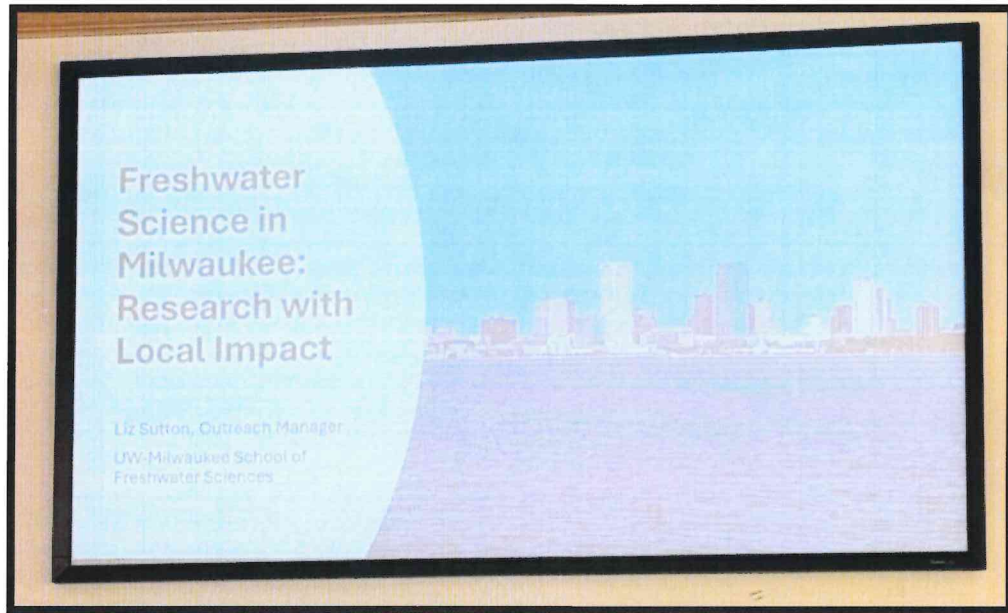
Baking Day





YUMMY!

Fresh Water Program with U.W



Outdoor Concert



Talent Show



Red Carpet



Birthday Social
With Freddie & the Cruisers
October 7, 2:30 pm, Chapel D.R.



Upcoming
Events



Wisconsin Diamond Dancers
October 15, 2:00 pm, Chapel



Halloween Party &
Costume Contest
October 28, 2:30 pm, Chapel Dining Room



Updated 4-6-26

- **MEDICARE'S Highest 5-Star Rating** for Nursing Staff Levels.
- Named a 2026 **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 Certified 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 few Life Plan Communities in the region with 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



Est. 1974

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

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