

FEBRUARY 2018

Shorelight MC

Shorelight Memory Care ~ 5643 Erie Street ~ Racine ~ 53402 ~262-898-9100



Smiles at Shorelight to Welcome 2018

**HAPPY
NEW YEAR**

Celebrating February

Staff Birthdays

Kathy C. 2/1

Diamond H. 2/14

Ellen H. 2/14

Britani T. 2/15

Kathi E. 2/18

Nicole R. 2/23

Resident Birthdays

Pat T. 2/2

Letty L 2/2

Benny O. 2/6

Karen H. 2/18



Art Therapy



Art therapy promotes self-expression and communication. Engaging in art therapy can improve mood, aid in the maintenance of cognitive functioning, and encourages a sense of belonging. At Shorelight we have had different Hospice's come in and assist us with some wonderful art sessions. Also, Nicole, one of our Life Enrichment aides is also very talented in creating some pretty unique projects that the residents enjoy helping with. As you can see in these pictures our residents are very talented.



Welcome Viola Howell R.N.

My name is Viola Howell and I am your new RN here at Shorelight. I received my Bachelor's Degree in Nursing from Alverno College. I love spending time with my family and participating in various Zumba fitness programs throughout the community. I have a desire to learn Spanish as a second language. My passions for nursing are: Geriatrics, Memory Care, Mental Health, Women's Health, and Lactation Consulting. My absolute favorite food is French Fries.

Welcome To
THE TEAM

Wish List for Engaging Spaces

Our Shorelight team is working on creating some engaging spaces throughout our home. If you know of anyone who would like to donate items for a vintage vanity, laundry, and office spaces, please let us know.

Some items we are searching for are: vintage vanity, vintage desk, desktop calculator, vintage chairs (2), vintage men's and woman's hats, rotary phone, typewriter, scarves, costume jewelry, vintage bridal gown, desk blotter set, fountain pens, rulers, stamps, calendars from 1950's- 1970's, ledger, globe, mirror, jewelry box, desk lamp, feather pen, doilies, vanity set and vintage sewing machine.

Thank you for helping us enrich the lives of our residents. Please talk with Lanna Luzar, Life Enrichment Coordinator for any questions regarding the above donations.

Community Corner with Lisa Wiedholz

I hope you are all having a great start to 2018. If you have not yet done so, please go to Facebook to  the Shorelight Memory Care page. In honor of the upcoming Valentine's Day holiday, I wanted to share this insightful poem about loving someone with Alzheimer's disease and how to stay connected with a loved one despite the progression of dementia.

A Promise to a Loved One with Alzheimer's for Valentine's Day



By: Mara Botonis
I will always love you. The way I feel about you is based upon all of our experiences, history and all of our memories over the

years that make up the unique story of our relationship.

Honestly, it does break my heart that you are unable to remember the ties that bind us as clearly as I do. But, I remember. I know that if you had the power to change things you would too. When you pace or get agitated and upset, I will remember that part of the reason may be because this is hard on you. It has to be frustrating to want to say and do and remember things that seem just out of reach.

I'm sorry for the times I'm hard on you when you are just trying to connect with me in any way that you can. I promise to recognize the gift of your love that you offer me every day.

When you ask me the same questions over and over, I will remember that part of the reason may just be because you want to talk with me.

When you follow me around the house most of the day, I will remember that it may be because you want to be with me.

When you look at me, sit by me or give me a smile and nod, I will remember that you are expressing your feelings with all the communication tools you still have access to.

I will remember to appreciate and look for everything you can still do and grieve less for what has been lost.

I will remember to accept you and appreciate you for who you are right here, today and tomorrow and not always compare you to the memories of you that I hold so dear.

I will remember that there are new and equally precious memories to be made right here, right now.

I will look for your love not in words, but in the way, you depend on me because you feel safe with me. I will look for your love not in tangible gifts but in the touch of your hand. I will recognize the love you offer me in your desire to be near me, your wish to talk with me and in the way you search my face for answers to your unasked questions.

I will always love you and I recognize now that despite this devastating disease, you will always love me too and I promise to better honor the way that you show me how you feel. I promise to better appreciate the gifts you give me every day, I know you are giving to me everything that you now have to offer. Thank you.

I will always love you.

Making Hearts Whole/Functional Fitness with Myra



We recently started a functional fitness program with Myra. The Life Enrichment Program is held on two Fridays of the month. Sessions are done by the residents sitting and they follow her lead. Sessions are designed for this specific population that will help maintain and possibly increase their strength, balance and coordination.

Where Music Meets Medicine



You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening to the beats for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices. But true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates. Other healers claim that they can tune instruments such as gongs to the vibration of planet Earth and other celestial bodies. A good gong emits a healing energy wave that can stimulate all the cells and nerves in the body. If sickness is due to the body's frequencies being out of tune, healing vibrations restore these frequencies to balance. Still others explain that, like acupuncture, sound therapy unblocks and redirects the energy throughout the body.

When it comes to the power of sound healing, theories abound. Perhaps the best way to think about sound healing is that it is akin to the power of prayer. Jonathan Goldman, director of the Sound Healers Association, believes that vocalizing what you want a sound to accomplish can help you heal yourself and others.

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Welcome Kim Roders L.P.N.

My name is Kim, the new L.P.N. on day shift. I am very happy to be with all of you and the company. I have been an L.P.N. for fifteen years. I have mostly long-term care experience, with a background in Alzheimer's/Dementia care. I am also a Hospice Nurse. I am married with two dogs. I love gardening and riding my bike in the summer. I am involved in Pickle Ball with my husband at the Boys and Girls Club.

