

Life Enriched

October 2024

Clement
Manor



Franciscan Sisters of Christian Charity
Sponsored Ministries, Inc.

CLEMENT MANOR, INC.

October 2024

www.clementmanor.com

CLEMENT MANOR CELEBRATES ITS ANNUAL MISSION AND VALUES WEEK



This month marked the celebration for Clement Manor's annual **Mission and Values Week**, a time to thank our staff for their hard work throughout the year. We have stood by our values of Respect, Collaboration, and Quality Service, maintaining a tradition of service excellence and the pursuit of quality.

Clement Manor's staff are dedicated to the residents we serve, always ensuring the best care possible. This year is special as we continue to celebrate our

new sponsors, **the Franciscan Sisters of Christian Charity**. We had many exciting activities happening around campus all week long.

We kicked off the week with special masses over the weekend, handing out gifts to every staff member, followed by serving special treats throughout the week. Our Pastoral Care team led a staff procession throughout campus, accompanied by our residents, to bless all residents. We ended the week with a special employee appreciation luncheon.

It was a wonderful week celebrating all of our employees for the outstanding work that they do. **Thank you!**



WELCOME CRYSTAL!

Crystal Anderson, Assistant Administrator, joined Clement Manor on October 28th. She will be overseeing the Clare Suites and Assisted Living areas and supporting staff, residents, and families. She comes with a wealth of knowledge in the industry starting off as a caregiver and now in an administrative role.

BLESSINGS FOR ALL!



After Mass celebrating the **Feast of St. Francis of Assisi** this month, the patron saint of animals, Father Bob invited all pets that visit Clement Manor regularly to participate in a pet blessing on our patio.



Everyone recited a Blessing of Pets prayer, and Tom played music while each pet received its blessing. Thank you to Father Bob and our Pastoral Care team for organizing this special event.

Families of loved ones like to pay tribute to their memory, either by leaving behind a plaque on our "Memorial Tree" in our lobby or by planting a tree on our beautiful campus. **One family came to see their planted tree blessed by our Pastoral Care team.** As they gathered around the tree, they said a prayer for their mother, mother-in-law, and grandmother. They are looking forward to watching this tree grow as they return to visit. If you want to learn more about Clement Manor memorials, call Catherine at 414-546-7358.



GO BREW CREW

Resident Dale, in our Clare Suites Memory Care and Enhanced Assisted Living, invited his friends to a Brewers tailgate lunch while they listened to the Brewers game on the radio. They were served burgers, potato salad, oranges and lemonade while socializing and enjoying the game.



Residents, families and staff, showed up to make the **Annual Clement Manor Chili Cook-Off** a huge success. The participants showed off their culinary skills with delicious chili. Judges rated all entries, and the top three participants were awarded trophies. We look forward to next year's competition!



Pastoral Care Message: by Tom Brefka, Pastoral Care Manager

We remember our loved ones who have passed away especially during November. We celebrate the **Feast of All Saints Day followed by All Souls Day** and keep in our prayers those who were close to us and dear to us: Parents and Grandparents, Spouses, Children, Family, Neighbors, and Friends.

At Clement Manor, we remember those that have died during the past year at an annual Memorial Service. We remember residents, volunteers, staff, and family members. We invite you and your family to join us for our service which will take place in the chapel, **Thursday, November 7 at 6 pm.** With you, we want to remember the life and gifts of your dear loved ones as we come together with others who have also experienced a loss. Together we can support one another. **All are Welcome!**

In Memoriam:

Barbara Richardson
Angie Turzinski
John Gares
Pam Christman

Birthday Spotlight

OCTOBER BIRTHDAYS

East and West Buildings

10/4 Stella N.
10/5 George H.
10/5 Rose Ellen S.
10/8 Sr. Regine B.
10/10 Ted K.
10/11 Mary S.
10/12 Donald L.

Monthly Birthday Celebrations

Every month, we love to celebrate our birthdays with fun parties in Independent Living, Assisted Living, Clare Suites and the Health Center areas. They all celebrate with entertainment and of course cake! Happy **OCTOBER** birthdays to all our Clement Manor residents!

10/13 Katherine S.
10/15 Fr. Leonard B.
10/21 Joyce A.
10/23 Mille W.
10/26 Pauline R.
10/30 Geri S.
10/30 Sandra M.



Residents from the West Building went on their annual trip to **Holy Hill**. The trees were starting to turn colors, so the ride there was very scenic. They explored the beautiful campus, visiting multiple chapels, and attended Mass. Afterwards, Culver's was a must for a late lunch on the way home!

Health Center

10/10 Mayme F.
10/24 Janet M.

Clare Suites Memory Care

10/20 Marlea L.
10/28 Dorothy C.

UPCOMING NOVEMBER EVENTS

- 1st Live Concert North Star
- 2nd West Outing Miss Magnolia Beauty Pageant
- 6th Live Concert North Star
- 8th West Friendsgiving
- 11th Veteran's Day Program North Star
- 11—13th West Craft Sale
- 19th Dessert Contest
- 21st Supper Club (West)
- 22nd Birthday Socials
- 26th Live Entertainment
- 28th Happy Thanksgiving!

**See full activities calendars posted on website*

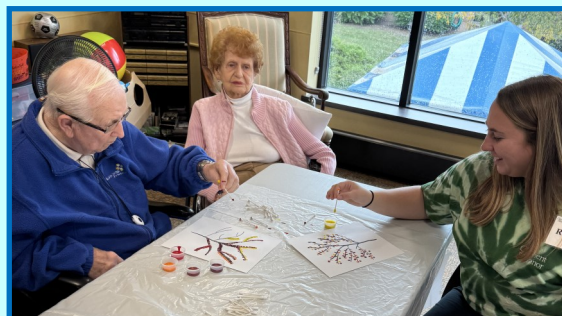


West building residents created an **Oktoberfest** Festival. They sampled

some local beer (and ginger beer), ate baked pretzels and played trivia about the history of Oktoberfest in Germany. Some even dressed up for the occasion!



Residents in our Clare Suites Memory Care and Enhanced Assisted Living worked on their Fall art projects, painting leaves on trees. **Art can benefit people with a memory decline in many ways**, including: communication, cognitive stimulation, mood, social interaction, sense of accomplishment, and stress reduction.



Center for Enrichment

Clement Manor is a proud host of an Alzheimer's Association Caregiver Group. Please join us for **FREE** support group meetings at Clement Manor, facilitated by trained individuals from the Alzheimer's Association of SE Wisconsin.

Meetings are held every 3rd Monday of each month starting at 2pm. For more information call Jeanne at 414-546-7319.

Our Center for Enrichment Fall term is well underway. With classes discussing a wide range of topics and fitness classes for all levels, there's something for everyone, including our exciting KEYNOTE SERIES.

To learn more about the CFE and its class offerings, visit our website at: www.clementmanor.com/cfe or call Kristy at 414-546-7990.



COMING SOON!

Check out our **NEW WEBSITE!**

We have so much to share with our staff, residents, families and community partners.

FAMILY MEMBERS can access special information on the Family Portal page.

Check it out at clementmanor.com

An Apple A Day...



East Building residents always enjoy a day trip out together. They took a scenic ride around the area to see the beautiful Fall foliage. Then, they stopped at **Patterson's Apple Orchard** for some treats to bring home.

Recipe of the Month

Easy Stuffing Recipe

Ingredients:

- 2 small onions, diced
- 4 ribs celery, diced
- 2/3 cups butter
- 1 1/2 tsp poultry seasoning
- 12 C. dry bread cubes
- 2—4 C. Chicken Broth
- 2 TBSP chopped fresh parsley
- 1 TBSP herbs (sage, thyme, rosemary)

Instructions:

1. Preheat oven to 350.
2. On skillet, melt butter, then add onions, celery, poultry on med/low heat, 10—12 min.
3. In bowl, combine bread, onion mixture, parsley and herbs.
4. Add broth a little at a time until moist.
5. Place in baking dish. Add salt & pepper. Dot with butter.
6. Bake covered 35 min. then uncovered 10 min.



Clement Manor is a Catholic-based continuing care retirement community located in Greenfield, WI, sponsored by the Franciscan Sisters of Christian Charity. Our mission is to promote healthy aging of individuals on our campus and in the community, through the values of respect, collaboration, and quality service. Our continuum of care includes Independent and Assisted Living Apartments, Enhanced Assisted Living and Memory Care in Clare Suites, Transitional Care and Skilled Nursing in our Health Center, and the Center for Enrichment lifelong learning classes.

If you are interested in supporting our mission, donations are greatly appreciated! Please go to our website at www.clementmanor.com and click on the "DONATE NOW" button. Thank you for your generosity and support.



Unique Boutique

Presented by
Crafty Residents
of Clement Manor

November 11-13
10AM-3PM

Clement Manor
West Apartments

9405 W Howard Ave

Enjoy shopping 1 of a kind Blankets, Hats, Scarves, Handmade
Ornaments & Wreaths, Stocking Stuffers, Hot Ham & Roll,
& much more!

*A Raffle Drawing is done each
day at 3pm!*

Questions: Carolina & Michele

cvega@clementmanor.org & mgreenthal@clementmanor.org





What is MUSIC THERAPY?

According to the American Music Therapy Association (2005), it is “the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”



Goals of Music Therapy with Older Adults:

1. Enhance daily living in an individual or group setting
2. Support & promote self-expression and communication through singing and active music making
3. Improve mood
4. Decrease anxiety, depression, or agitation and increase relaxation
5. Encourage physical movement (e.g. enhance fine and gross motor skills)
6. Provide structure and meaningful engagement/socialization with others
7. Provide opportunity for sensory stimulation
8. Enhance cognition and memory recall



Types of music interventions may include:

- ◇ Singing
- ◇ Instrument playing and improvisation
- ◇ Music listening
- ◇ Music and creative arts (e.g. coloring or painting)
- ◇ Music and life reminiscence
- ◇ Movement to music
- ◇ Songwriting
- ◇ Vibroacoustic stimulation for relaxation or sensory stimulation through instruments such as the ocean drum or HAPI drum



Music therapy groups, Bell Choir, Choir, and 1:1 visits are offered at Clement Manor. For more information, feel free to reach out to Rebecca at rfischer@clementmanor.org if you have further questions!

Did you know? Musical perception is processed throughout the brain, which means it activates ALL brain areas! Musical memory is stored throughout the brain and can be accessed through music even in late stages of memory loss. Music also helps to enhance synaptic connections in the brain and helps maintain cognitive function that would otherwise be lost if left unused.