

Life Enriched

January 2025

Clement
Manor

Franciscan Sisters of Christian Charity
Sponsored Ministries, Inc.

CLEMENT MANOR, INC.

January 2025

www.clementmanor.com

WE CELEBRATE NATIONAL ACTIVITY PROFESSIONS MONTH



It is **National Activity Professionals Month** to celebrate and recognize the work of activity professionals in healthcare and senior living communities.

Clement Manor has a very talented activity professional team, and we are so proud to highlight each of them!

Our teams collaborate together throughout campus. We have two Recreational Therapy Managers—Sabrina who oversees teams and activities in the Health

Center, Clare Suites and Assisted Living; and Carolina who oversees programming in the Independent Living community. Tania, Laura Lee and Michele coordinate all Assisted Living activities and events.

We are lucky to have two music therapists on staff, Rebecca and Tom. Raymel helps with exercise and sensory programs while Rebecca runs other activities in Clare Suites. Pam and Joanne coordinate all programming for our Health Center residents.

Together, they build a full curriculum of activities, events, and outings to enrich the lives of all our residents! Their calendars are full of fun, including crafts, music, games, live entertainment, movement and exercise, parties, spa days, specialty clubs, outings, and much more! **Thank you for making the lives of our residents happy, engaged, and enriched every day!**

WE CELEBRATE A DEFICIENCY-FREE STATE SURVEY

We are excited to announce that **ONCE AGAIN, Clement Manor received a deficiency-free state survey score for the Health Center.** This annual survey is a very important score that shows the quality of work our staff does every day to keep our residents safe and healthy.

Thank you and congratulations to our stellar staff, who work around the clock to make Clement Manor a wonderful place to live and work! Of course, our team had a celebration luncheon!



COMMUNITY OUTREACH INITIATIVES

Clement Manor staff and residents actively engage in various **community programs** to enrich the lives of both residents and community members throughout the year. These efforts foster meaningful connections and community involvement. Here are some **highlights** from 2024 and 2025:



Intergenerational Planting Day



4th of July Parade



UW-Eau Claire Administrative Internship Program



Executive Team volunteering at Ronald McDonald House



Donating to a local Food Pantry

Clare Suites residents with police dept. to donate survival kits to the homeless



Pastoral Care Message: by Tom Brefka, Pastoral Care Manager

After the festive Christmas season, we enter **Ordinary Time**, a period of spiritual growth and reflection. Divided into two segments—one between Christmas and Lent, and the other between Pentecost and Advent—this time invites us to deepen our faith and mature spiritually. The color green, which represents growth and hope, is prominently featured during this period.

Though the term “ordinary” may seem dull, Ordinary Time is far from uneventful. It offers us an opportunity to prepare for the Lenten season, to reflect on the teachings of Jesus, and to live out our faith in everyday life. As St. Paul encourages us in Colossians 3:17, “Whatever you do, in word or in deed, do everything in the name of the Lord Jesus.” This is a season to practice living with intention and purpose, making each action a reflection of God’s love and teachings. Let us embrace the growth that Ordinary Time offers.

In Memoriam:

- Gerry Gaudet
- Don Janick
- Jean Koury
- David Adams
- Jeannine Flink
- Maureen Gallagher

Birthday Spotlight

JANUARY BIRTHDAYS

East and West Buildings

- 1/4 Kay K.
- 1/5 Sr. Irene Z.
- 1/8 Grace C.
- 1/11 Peter D.
- 1/13 Darlene S.
- 1/16 Marge S.
- 1/16 Marge A.
- 1/18 Anne H.
- 1/19 Russell V.
- 1/22 Claudia S.
- 1/28 Dan M.
- 1/29 Edie R.

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 **JANUARY** birthdays to all our Clement Manor residents!



Health Center

- 1/16 Betty L.
- 1/16 Kathie N.

Clare Suites Memory Care

- 1/2 Mary G.
- 1/6 Jean H.
- 1/14 Ann C.
- 1/27 Frances G.



UPCOMING FEBRUARY EVENTS

- 2/7 Live Music West
- 2/9 Fireside Theater West
- 2/12 Valentine Happy Hour East
- 2/14 Friendship Lunch West
- 2/14 Valentine Party & Concert North Star
- 2/18 CFE Keynote Speaker
- 2/20 Birthday Party East
- 2/26 Fashions of Yesteryear Play West
- 2/28 Birthday Party West
- 2/28 Birthday Party North Star
- Tuesdays** Music Therapy Clare Suites
- Wednesdays** Happy Hour Social North Star
- Mondays and Wednesdays** Cooking Class Francis Haven

FOR THE LOVE OF ART



Check out our current showing in the **Clement Manor Art Gallery** by Valerie Ladgwig. Valerie's love of art and drawing started at the age of five. After she married her husband and having 12 children, she decided to take a mail in art class which helped refine her skills.

As their children got older, Valerie was able to have more free time to draw and paint. She worked as a freelance artist and was commissioned to paint murals for multiple private businesses, such as restaurants and office buildings. Valerie will be 97 years old in February, and continues to create and paint pieces of art, mostly showing her love for Jesus Christ. Come check out her work anytime before March 1st. Enter at the business office entrance.

POUND IT OUT!



Residents in the West Building took a **Pound** class with Laura Lee. Pound is a source of exercise and fun, where residents use drumsticks to pound on garbage cans to beat of the music.



**See full activities calendars posted on website*

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.

Respite Care Program coming...

Are you a full-time caregiver, or do you know a caregiver who needs small breaks? Starting in April, Clement Manor will be hosting a 12-week respite program every Friday for two hours for caregivers and their loved ones who have dementia. See attached flyer for more details about the **Moments to Embrace Respite Care**, and how to register. More information is available at clementmanor.com/moments.

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.

Center for Enrichment

The CFE will kickoff its 2025 Keynote Speaker Series starting in February with a talk about the history of George Washington.

Be sure to check out all the upcoming speakers and classes in the new year and sign up soon! Spaces are limited.

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



We wish you happy and healthy blessings in the new year!



Recipe of the Month

Healthy Protein Muffins

Ingredients:

- 2 scoops vanilla protein powder
- 1 tsp baking powder
- 1/2 cup almond flour
- 1/2 cup peanut butter
- 1 cup unsweetened applesauce
- 1/2 cup chocolate chips

Directions:

1. Preheat oven to 350, and line a muffin pan with 8 cup liners.
2. In mixing bowl, add your protein, flour, baking powder, and mix well.
3. Add peanut butter and applesauce to mix and combine. Fold in chocolate chips.
4. Divide batter in cups.
5. Bake 10-12 minutes.
6. Cool for 5 minutes and enjoy!

Supper Clubs are open to all families and residents! We hope to see you there.

February Supper Club Night

\$15 / Thursday, February 20 / 4:30-6:30 pm

Bar opens at 4:00 for a specialty drink

Starter

Crab Cake

Main

Blue cheese Bacon Mushroom
stuffed Tenderloin
Cauliflower Whipped Potatoes &
Vegetable Bundle

Dessert

German Chocolate Cake

Please RSVP to Rainbow Room Chefs
By February 13
546-7389

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No Walk Ins Please

To register, and to see the full schedule of classes, go to
Clementmanor.com/moments

Clement Manor MOMENTS TO EMBRACE

A CAREGIVER RESPIRE PROGRAM



Your Time to Recharge – Their Time to Engage

Are you a caregiver for a loved one with Alzheimer's Disease or Dementia? Caring for someone you love can be fulfilling but also demanding. Our 12-week program is here to help by providing 2 hours of weekly respite so you can take a breath, recharge, and feel supported.

WHAT WE OFFER:

For Caregivers:

- Each week, enjoy a different expert-led class designed to inspire, educate, and rejuvenate. Topics will range from self-care to effective caregiving strategies, all led by the knowledgeable team at Clement Manor.

For Your Loved One:

- Simultaneous engaging activities tailored for individuals with Alzheimer's or dementia, giving them a safe, stimulating environment while you participate in the program.

**This program is sponsored by Bader Philanthropies*

Details:

Duration: 12 weeks
April 4 – June 27, 2025
Every Friday
10 am – 12 pm
(no session April 18th)

Location: Clement
Manor
9405 W. Howard Ave.,
Greenfield

This is your opportunity to prioritize your well-being while ensuring your loved one receives compassionate care and meaningful engagement.
Space is limited!



CONTACT US
414-546-7984



VISIT OUR WEBSITE

www.clementmanor.com/moments