

# MANOR Moments

A monthly publication for the staff of Luther Manor • February 2012



## Growing Power

Deliveries are scheduled for Friday, Feb. 3 and Friday, Feb. 17.

## Chair massages

Simple Touch will be onsite Tuesday, Feb. 7 and Tuesday, Feb. 21.

## Heart health

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Luther Manor employees are invited to participate in several heart-related activities this month including a heart-healthy meal in staff dining and wearing red on Friday, Feb. 3.

## Valentine's cookie sale

Valentine's cookies, made by Luther Manor bakers, will be available for purchase at reception desks beginning Wednesday, Feb. 8 until the supply is gone. Proceeds benefit the United Way.

## Influenza update

There's still time to receive your flu vaccination. Schedule an appointment with Judy Papajohn at ext. 328. Our goal is to achieve 90 to 100 percent employee participation.

## Years of service event

The employee recognition dinner is Tuesday, Feb. 7 for employees who have been with Luther Manor for five years or a multiple of five years (10, 15, 20, etc).

## Take it slow

With the weather constantly changing, freezing and thawing, snowing and raining, the walkways and parking lots can be very slippery. Take care by walking slowly, wearing appropriate footwear and watching where you step.

## EZ access

Any information important to employees is posted on the EZ stub website with paystubs.

## Manor Moments is published monthly for the employees of Luther Manor

If you have a story or information you would like to share, please contact Nicole Lepke, Communications/PR Coordinator at ext. 483 or [nlepke@luthermanor.org](mailto:nlepke@luthermanor.org)

## Darkness cannot drive out darkness; only light can do that. ~ MLK Jr.

Luther Manor celebrates the life of Martin Luther King, Jr.

A soulful service was held in the Lippold Faith and Education Center last month to honor the life and death of Martin Luther King, Jr.

"My hope was that we would give tribute to Martin Luther King, Jr. and also show the challenge of his legacy continues," said Rev. Dave Patterson, Director of Pastoral Care. "We have to continue to do our part to see the fulfillment of his dream of justice and righteousness for all people."

Pastor Dave said for many of those who attended the service, it was an emotional walk down memory lane. He set the scene, playing guitar and singing civil rights songs, accompanied by Luther Manor Safety and Security staff member, Ron L. Harris on an African djembe drum.

Pastor Dave also showed a video highlighting King's most memorable speeches.

"I could see some tears when we showed the video," he said. "It really touched the residents who lived through those days. It brought back a lot of memories

for me, too. It was a time when we as a nation and individuals had to confront a lot of issues and prejudices."

Martin Luther King, Jr. continues to be an example for people today.

"We may look back through rose colored glasses, but the truth is it was a dangerous time and he was out in front - in violent places. He should be admired for his faith and his courage," he said.

The video tribute to Martin Luther King, Jr. will be shown again during February as part of Luther Manor's celebrating Black History Month.



Pastor Dave Patterson and Ron L. Harris perform at the MLK, Jr. worship service.



## First Place 4 Health

New weight loss program to begin in February

**First Place 4 Health** is a reliable, proven method of weight loss and healthy living. The tremendous success of the program is due to its biblical approach to weight loss and overall health management.

### What's unique about First Place 4 Health?

Christ-centered priorities: Bible study, prayer and Scripture memory; choices for health: addressing the whole person - emotions, mind, body and spirit; community: support and accountability through small groups.

### First Place 4 Health offers a series of Bible studies.

Members complete a weekly Bible study, which - combined with prayer and Scripture reading - helps to impart God's strength, empowering members to overcome temptation and make long-lasting lifestyle changes.

### Why choose First Place 4 Health?

A variety of people become members of **First Place 4 Health**, from those who struggle with losing five to 10 pounds to those who battle obesity or are tired of yo-yo dieting. Whether they join to increase knowledge about nutrition, get help with implementing a consistent exercise plan, or learn how to develop a healthy lifestyle for their family, they soon discover that **First Place 4 Health** is a program that addresses the whole person.

There are four focus points that represent the heart, soul, mind and strength. How much balance is there currently in each of those aspects? What area needs attention today? Is there a pattern emerging between the balance and harmony noted? No matter how strong a person may be in one area, they are only as strong as their weakest point.

**Do not despair.** Members find help to address the areas of life that need attention in **First Place 4 Health**. As members (1) apply themselves to the program, (2) begin to study God's Word, (3) interact with the others in the group, and (4) follow a prudent plan of eating and exercise, members will be simultaneously working to bring health and wholeness to all four areas of their being. Interested in being a part of the program? **Sign up on the bulletin board chart located near the employee/volunteer dining room by Monday, Feb. 6 to participate.**

## You can dance anywhere, even if only in your heart. ~Author Unknown

Jade Ramsey - A Luther Manor profile

Participants gathered in a circle one afternoon at Luther Manor's Lakefield Adult Day Center. They sat and chatted quietly for a while. Then music started to play. An accordionist in the center of the circle punched out a polka-tune that invigorated the participants. Many took a turn on the make-shift dance floor, paired up with a Lakefield employee. One of those employees was Jade Ramsey.

"They get very excited and sometimes forget they still need walkers," Jade said.

Experiences like this happen frequently at the center, which is part of the reason Jade loves her job.

"It's great to see the looks on their faces," she said. "It's instant gratification for me."

Jade is a Person-Centered Care Specialist at Lakefield Adult Day Center. A big part of her job is ensuring the programs and activities - like the pre-New Year's polka party - are developed around the interests and personalities of clients.

"I collect data from participants to help shape the programs based on who they are - not just around their age or diagnosis," she said. "Our clients include some phenomenal artists and musicians."

A retired dancer with a degree in music composition from the University of Wisconsin-Superior, Jade can certainly appreciate an interest in music and the arts. Before she came to Lakefield, she worked for the Universal Dance Association; teaching, traveling and working with dance teams. Jade retired when she was 26, after years of dancing took its toll on her hips, feet and joints. That being said, she can still dance a mean polka with Lakefield Adult Day Center clients as her partners.

"My New Year's resolution should be to learn to play the accordion," she joked.

When she is not working, Jade coaches the Grafton High School Dance team. She also creates choreography and edits performance music on a freelance basis. Jade lives in West Bend with her fiancé, Sepp.

## So many reasons to celebrate

As I (we) see it, by Ronald L. Harris, III, Security Officer

February is the second month in the Gregorian calendar, the second month of the year. It has 28 days, or, in leap years, 29 days. Pointless information? Maybe. Regardless, February is an awesome month.

Reason one: It's Black History month. *For we're a jolly good people, for we're a jolly good people, for we're a jolly good people, which nobody can deny.* Even though it's the shortest month of the year, it's always a benefit to look back and learn about the people and events that sadly are often overlooked or ignored by the larger society. As they say, if we ignore the past, we are doomed to repeat it.

Reason two: Tuesday, Feb. 14 is Valentine's Day. If you're married or in a serious relationship, it would serve you well to remember that date - unless you have a very comfy couch. According to one popular legend, Valentine was a priest

who defied the orders of the Roman emperor Claudius to stop performing marriages. Believing that young men wouldn't join his army because they didn't want to leave their wives and families, Claudius banned marriage. When it was discovered that Valentine was still performing marriages in secret, he was sentenced to death. He died on Feb. 14, 269 A.D. And I always thought Valentine's Day was created by the greeting card companies.

Reason three: Sunday, Feb. 12 is my birthday. Now, having performed last month with Pastor Patterson at Luther Manor's MLK Day celebration, I think maybe it's time for a Ronald L. Harris Esq. day. Well, maybe not. I suppose it depends on if I get presents or not. Peace.



## An everyday celebration of love

Moments with the Pastor - Pastor Dave Patterson, Director of Pastoral Care

As I observe the care, activities and services at Luther Manor, I give thanks for the many ways I Corinthians 13 is lived out here - not just on Valentine's Day, but throughout the year.

**Love is patient.** We put in the time that is needed to develop and provide the very best of care.

**Love is kind.** Time, talents and financial gifts are generously given here for the welfare of others.

**Love is not envious or boastful or arrogant or rude.** Humbly we do our best to respectfully serve God's older adults.

**Love does not insist on its own way.** With open communication, we discuss and listen to each other to advance best practices.

**Love is not irritable or resentful.** Throughout the campus people are cheerful, happy and nice.

**Love does not rejoice in wrongdoing, but rejoices in the truth.** The highest standards of accountability are followed and enforced.

**Love bears all things, believes all things, hopes all things, endures all things.** We are a place where we help each other grow in faith as we await the fulfillment of God's promises.



## Laundry is the only thing that should be separated by color

February is Black History Month

This month is a time to celebrate the achievements of black Americans and a time to recognize the central role of African-Americans in U.S. history. The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African-Americans.

"Negro History Week" took place the second week of February, which coincides with the birthdays of Abraham Lincoln (Feb. 12) and Frederick Douglass (Feb. 14).

Since 1976, every U.S. president has officially designated the month of February as Black

History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

**"I had no idea that history was being made. I was just tired of giving up."**  
~Rosa Parks

## Happy Birthday

Margaret Wright	Feb. 1	Michael Fortin	Feb. 11	Feb. 15	Wrenetta Grissom	Feb. 18	Latoya Lockett	Feb. 21	
Aleen Marlow	Feb. 1	Brittany Vana	Feb. 11	Shanice Sellers	Feb. 15	Mary Zrinsky	Feb. 19	Ezeldin Saeed	Feb. 22
Robert Kolanko	Feb. 1	Lori Lusty	Feb. 12	Alfreda Ellis	Feb. 16	Francis Fraser	Feb. 19	Kevin Sodemann	Feb. 24
Joni Perkins	Feb. 2	Dori Kanady	Feb. 12	Constance Beard	Feb. 16	Zebulon Allen	Feb. 19	Demetrice Owens-Owens	Feb. 24
Sheneaqua Prater	Feb. 2	Ron Harris	Feb. 12	Thomas Christopher	Feb. 16	Tabatha Smith	Feb. 19	Kani Allison	Feb. 25
Thomas Brefka	Feb. 3	Naomi Akpan	Feb. 13	Valerie Voights	Feb. 16	Colleen Leslie	Feb. 20	Mia Jackson	Feb. 26
Tamaka Smith	Feb. 3	Yavakius Tolefree	Feb. 13	Christina Richter	Feb. 16	Ella Adams	Feb. 20	Venea Reed	Feb. 26
Cecilia Mtenga	Feb. 5	Mojirayo Lawrence	Feb. 13	Maris Maercklein	Feb. 16	Aron Yohannes	Feb. 20	Shaun Nummerdor	Feb. 27
Linda Ehlers	Feb. 5	Robenel Torres	Feb. 14	Linda Oster	Feb. 17	Marjorie Spicer	Feb. 21	Myesha Grays-Sykes	Feb. 27
Mary Haefemeyer	Feb. 6	Lori Pelnar	Feb. 15	Cheryl Rodriguez	Feb. 17	Nancy Kriske	Feb. 21	Denise Rogers	Feb. 28
Atwana Bland	Feb. 9	Marilyn Sanders	Feb. 15	Antoinette Means	Feb. 17	Milina Zakula	Feb. 21	Travette Momon	Feb. 28
Darlene Dawson	Feb. 10	Donald Burriss II							

## Welcome to the team

- Mervat Abujaber, RN Nurse Manager
- Kani Allison, Caregiver - LMR
- Sharon Campbell, LPN
- Estella Currin, CNA
- Arshonta Futch, CNA
- Deja Hoskin, Dining Services Attendant
- Khadijah Jihad, Dining Services Attendant
- Dyneice Sanders, Receptionist II
- Elizabeth Schultz, CNA-RCAC
- Whitney Whitlow, Dining Services Attendant

## Congratulations

Celebrating Milestone Service Anniversaries

### 25 years

Katherine Nevins

### 20 years or more

Kasondra Owens (22)

### 10 years

Danyell McCall  
Donna Woleben  
Jessica Burks  
Margaret Wright  
Christopher Reese

### 1 year

Daniel DeWitt  
Josephine Egbede  
Aissata Diabate  
Rachel Caplan  
Eric Baltutis  
Michelle Kirkendoll  
Rachel Rebholz  
Shakur Bates  
Tara Simmons

## Career Opportunities

### Certified Nursing Assistant (CNA)

Skilled Care. Customer care focus. Requires State and Federal certification. Provide nursing care to residents, including restorative nursing care so the resident may achieve and maintain their highest level of functioning.

**1st shift: Limited part-time**

**2nd shift: Limited part-time or Part-time**

**3rd shift: Full-time**

### RCAC CNA in the Terrace Apartments

Provide personal care, apartment management, meal preparation and light housekeeping. Requires CNA State and Federal certification.

**On-call weekdays & weekends from**

**6:30 a.m. to 3 p.m.**

**2nd shift: On-call weekdays & weekends**

**from 2:30 to 11 p.m.**

**3rd shift: On-call weekdays & weekends**

**from 11 p.m. to 7 a.m.**

### Adult Day Care (Wauwatosa) / Program Aide

Meet physical and social needs of participants. CNA Preferred. Trained to do programming.

**Limited part-time. Monday through Friday**

**10:30 a.m. to 2:30 p.m. or 11:30 a.m. to 3:30 p.m.**

### Relief Cook

Candidate will work in high production kitchen. Large batch health care cooking experience needed. Attention to sanitation and HACCP guidelines.

**Full-time**

**Flexible 1st shift and/or 2nd shift depending on week's schedule. Every other weekend.**

### Activity Assistant Luther Manor at River Oaks

Conduct programming according to interests of residents for mental stimulation and enjoyment.

**1st & 2nd shift: Weekdays, some evening and occasional weekend hours**

### Receptionist II

Receive and route incoming calls through the switchboard. Monitor security / energy computer and weather radio. Process incoming and outgoing mail.

**Monday through Friday. 8 a.m to 4:30 p.m.**

For more information on career opportunities at Luther Manor, visit us online at [www.luthermanor.org](http://www.luthermanor.org) or scan this code with your smart phone to access the updated site. You can also "Like" us on Facebook and follow @LutherManorWI on Twitter.

