



Waunakee  
MANOR



# MANORISM

INDEPENDENT & ASSISTED LIVING NEWSLETTER | MARCH 2021



**SPRING IS HERE!!**

## *Spring Has Sprung...And INDOOR VISITS ARE BACK!*

Family and friends are welcome to schedule a visit using our indoor visiting area. Please contact the Social Service Department to schedule! Visits can be scheduled as follows:

**Tuesdays, and Thursdays**

(9:30a, 10:00a, 10:30a, 11:00a, 1:00p, 1:30p, 2:00p, & 2:30p)

**Saturdays**

(9:30a, 10:00a, 10:30a, & 11:00a)

***\*Please review the Indoor Visiting Room Directions before your visit. It is important that we continue to do all we can to be "COVID free" so visits can continue! Thank you for your patience and support!***

***\*TENTATIVE 2<sup>nd</sup> Vaccine date is March 8<sup>th</sup>. You will be notified of details prior to that date regarding the procedure of receiving your 2<sup>nd</sup> vaccine!***

# Highlights this Month!

**Check the calendar for Thursday's Themed dress up days!**

## **WEAR YOUR COMFY CLOTHES DAY**

*Thursday March 4<sup>th</sup>*

Sweatpants, comfy sweatshirts, pajamas if you want to!

## **WEAR YOUR PLAID DAY**

*Thursday March 11<sup>th</sup>*

Get out those plaid pants, skirts and shirts you've been putting toward the back of the closet today!



## **BONUS: WEDNESDAY**

*Wednesday March 17<sup>th</sup>*

HAPPY SAINT PATRICK'S DAY! WEAR YOUR GREEN!

## **FAVORITE T-SHIRT & JEANS**

*Thursday March 18<sup>th</sup>*

Get out your favorite funny t-shirt today!

## **WEAR YOUR SPRING PASTEL COLORS DAY**

*Thursday March 25<sup>th</sup>*

Pink, lavender, yellow, light blues and of course flowers!

# Happenings This Month...

## **MARCH 15<sup>th</sup>-20<sup>th</sup> is "WELLDERLY" WEEK!**

*A week to celebrate Seniors who never act their age! We will feature some "young at heart" material in your wellness packet this week!*

**March 3<sup>rd</sup>:** Join us for Resident Discussion prior to our Wed. Bingo game. Resident Discussion is a time to bring up any questions, concerns or compliments you may have about your home here at Waunakee Manor.

**March 5<sup>th</sup>:** Enjoy a birthday treat with lunch today to celebrate our friends having March birthdays!

**March 8<sup>th</sup>:** **SNAPPY STEPPERS BEGINS!** What is "Snappy Steppers" you ask? This is an informal program designed to get you motivated to set goals for yourself, stay mobile, and to keep on being healthy! It doesn't matter if you walk, jog, wheel or ride, your participation and motivation is the important thing! Those of you with interest in this walking/wheeling venture will officially begin today. *Details will be posted and discussed with you prior to March 8<sup>th</sup> so you are ready to start!*

**March 12<sup>th</sup>: Project & Volunteer Opportunity Committee Meeting & Happy Hour in the dining room.** We are excited and anxious to “get things going” again. Although we continue to have to follow specific guidelines due to the COVID-19 virus and its uncertainty, we are hoping to put together some group projects, committees and opportunities for you as community members to engage in and enjoy. Your input is going to be important with this so please plan on attending if you can!

**March 13<sup>th</sup>: SPRING AHEAD** Set your clocks ahead 1 hour before you go to bed tonight for daylight savings time.

**March 16<sup>th</sup>: Shamrock Hunt!** Starting at 10 am today, cruise your hall & get as many shamrocks as you can find and bring them with you to bingo for a prize.

**March 17<sup>th</sup>: HAPPY SAINT PATRICK'S DAY!!** 1:30 pm Meet & Greet with Dr. Gietzen! Dr. Gietzen, our facility's Medical Director, has asked to join us to introduce himself in person and to answer any general questions you may have. We will follow the meet & greet with a St. Patty's Day bingo game and Shamrock shakes to top off your day!

**March 19<sup>th</sup> 2:00p: Booze & Tattoos Happy Hour** Has COVID had you thinking of things you've always wanted to do but haven't? Or perhaps you've thought of things that may make you feel younger? Or maybe, you've always wanted to get another tattoo. To end “Welllderly Week”, we will be hosting a Happy Hour where you can come in, grab a drink (alcoholic or non) and pick out a tattoo. ***Please note: The tattoos, although temporary, are a chance to do something you haven't before, play a nice joke on your family or friends or just have fun. Come on down to the dining room to enjoy the festivities this afternoon!***



# Staff Spotlight

**SELENA AMUNDSON** RN, ASSISTANT DIRECTOR OF NURSING

**Nickname(s) you've been given:** "Sylvia", "Toad", "Selene Dionne", and Curley.

**My hometown:** DeForest, born in Milwaukee, WI.

**3 words to best describe me:** Helpful, caring, and organized.

**A favorite childhood memory is:** Traveling with my family; a memory that was NOT my favorite was getting my arm stuck on a carousel/merry-go-round as a kid.

**Favorite food/restaurant:** Fettuccine Alfredo; Fish Fry dinners from church.

**Favorite place to visit:** Going to visit my Grandma in Florida and my other Grandma in Green Bay (who now lives in DeForest).

**Family members:** My Dad, Jeff & Mom, Nancy in DeForest, Sister Samantha, "Sam" who is currently in North Carolina....NO pets, I'm allergic to almost anything.

**Favorite things about working here:** Hearing the stories of residents we work with and being able to help my coworkers when they need me.

**Best advice you've been given:** "Forgiveness is easier than permission".

**Hobbies and interests I enjoy:** In this weather - snowmobiling. Also hockey games, watching college football, adventures with friends, and doing puzzles.

**My biggest pet peeve:** People who think lying is okay.

**Plans after retirement:** Travel with my sister; do some volunteer work, or not retire and just keep working. 😊

**2 items on my bucket list:** Touring England; Retire with a million dollars.

*Selena has been working here at Waunakee Manor since her early years as a nursing assistant. She is always willing to help out in any department. Her insight is evident that she is a true team player! We appreciate you, Selena, and all you do here for staff, and those you care for here at Waunakee Manor. Thank you for all you do!*

# *Silver Spotlight*

SHIRLEY LARSON

**Nick name(s) you've been given:** "Shirl. I've been called that by my family since I was little."

**Where did you grow up/family memories:** "I was born in Madison at St. Mary's Hospital. We lived in Madison for a short time then moved. I grew up on a small farm in Lodi. I have 3 younger brothers that I took care of growing up. Growing up on a farm was a lot of fun. I would have preferred sisters! I have 4 children; 3 boys and 1 girl, just like my mother did!"

**Name a few hobbies and interests you enjoy:** "I loved doing embroidery and would work on it for hours and hours after work." Shirley made several doilies, and "pillowcases and such." Shirley says she kept them in the cedar chest that her mother had gifted her. "The chest was a gift to my mother from my father." She also enjoys doing word searches, playing bingo, and seeing and hearing from her family.

**Places you have worked/jobs you've enjoyed:** Shirley has been a CNA, done some factory work, and worked in the school system doing custodial work and grounds keeping.

**Where would you go if you could travel anywhere?** "I never had the chance to travel much. My dream vacation would be going to tour Ireland." Shirley notes she is half Irish and half German. She has been to Branson, MO a few times to enjoy the music.

## **Favorite Things...**

**Music:** "I love 'Old' country-western music and Danny O'Donnell."

**Favorite Thing About Spring:** "I love to be outside in the garden in the spring. I used to have two full lots of veggie and flower beds."

***You can always count on a nice conversation with Shirley. She's like talking to a true friend! She is always thankful to us as staff and compassionate of others. Thank you, Shirley, for sharing with us!***

# Waunakee Manor Bulletin Board



## *BEST WISHES TO OUR FRIENDS CELEBRATING BIRTHDAYS*

***Bernadine B. - March 3<sup>rd</sup>***

***Mary Ann H. - March 6<sup>th</sup>***

***Dorothy J. - March 10<sup>th</sup>***

***Rose S. - March 12<sup>th</sup>***

***Joan T. - March 20<sup>th</sup>***



## *A FRIENDLY REMINDER*

***WEAR YOUR MASK if coming out of your room at any time!***



## *A SPECIAL THANK YOU*

- Valentine's Day was extra special for community members and staff this year. We had three wonderful groups that created and sent Valentine cards. We had enough for each community member and each of the staff to have a special, heartfelt Valentine on Valentine's Day.***
- We would like to thank the following groups: St. John's School in Waunakee, Waunakee Whirlwind 4-H Club, and St. Peter's School in Middleton.***
- Jo & Marty Keller for the Valentine cookies. Marty made Valentine's Day extra special by delivering these to all community members on Valentine's Day. Thanks so much!***
- Girl Scout Troop #8098 for building the snow sculptures outside our window. What a fun surprise!***



# Independent & Assisted Living Event Calendar - Mar. 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Wellness Raffle Packets will be delivered to your door!</b>	2	3 <b>2:00 Resident Discussion &amp; then..... BINGO!</b>	4 <b>Wear Your Comfy Clothes Day!</b>	5 <b>12:00 Birthday Treat</b> <b>HAPPY BIRTHDAY To our friends with MARCH BIRTHDAYS!</b> 	6 5:00 Lawrence Welk Ch 11
7 7:00 TV Mass Ch 14 10:00 Tv Lutheran Church Ch 7	8 <b>*Wellness packet raffle drawing</b>  <b>Snappy Steppers</b>	9 	10 <b>2:00 BINGO</b>	11 <b>Wear Your Plaid Day!</b>	12 <b>2:00 Project &amp; Volunteer Opportunity Committee Meeting &amp; Happy Hour</b>	13 <b>Spring Ahead! Set your clocks ahead 1 hour</b>  5:00 Lawrence Welk Ch 11
14 7:00 TV Mass Ch14 10:00 TV Lutheran Church Ch 7	15 <b>Wellness Raffle Packets will be delivered to your door!</b>  <b>“Wellderly Week” Celebrating Seniors who never act their age!</b>	16   <b>Shamrock Hunt starting at 9:00 *bring your collected shamrocks to Bingo on Wednesday!</b> 	17 <b>Wear Your Green! 1:30 Meet &amp; Greet With Dr. Gietzen</b>  <b>2:00 St. Patrick’s Day Bingo &amp; Shamrock Shakes</b>	18 <b>WEAR YOUR Favorite T –shirt &amp; Jeans Day!</b>  	19 <b>2:00 Booze &amp; Tattoos Happy Hour</b>  	20 <b>First Day Of Spring</b>  5:00 Lawrence Welk Ch 11
21 7:00 TV Mass Ch 14 10:00 TV Lutheran Church Ch 7	22 <b>*Wellness packet raffle drawing</b>  <b>*Spring Clean This Week!</b> *Items you wish to donate for the upcoming Auction or to St. Vinny’s may be dropped off in Selena & Amanda’s office, or given to Activity staff.	23 	24 <b>2:00 BINGO</b>	25 <b>Wear Your Pastel Spring Colors Day</b>	26 <b>2:00 Pet Visits with Edie Joy</b>	27 5:00 Lawrence Welk Ch 11
28 7:00 TV Mass Ch 14 10:00 Tv Lutheran Church Ch 7	29 <b>Wellness Raffle Packets will be delivered to your door</b>	30	31 <b>2:00 BINGO</b>		<b>Activities on this calendar are subject to change. Please see daily Activity boards for updates!</b>	

*Activities are subject to change. “Please check the daily Activity boards for the most updated information.”*