

A Special Centenarian



What is the secret to living a long life? Mary Crowley Ewens, who recently turned 100 years old, insists that she has no secret. In fact, longevity doesn't even run in her family, as her mother lived to age 48 and her father to age 60. However, Mary has found the

Mary Crowley Ewens

combination of healthy living and strong relationships with family and friends to be the key to her many joyful days.

Mary was born and raised in Milwaukee. Her family, which included three younger brothers, attended Holy Rosary Parish. Mary went to high school at Holy Angels Academy and college at Marquette University. At that time, few women attended college, which Mary said made it more fun!

Mary majored in Latin and, after graduating, taught third grade for one year. She then married her husband, Robert Crowley, whom she met at Marquette when he was in law school. Mary and Robert had four children, Robert Jr., David, Claire and Paul, whom they raised in Shorewood. Their family was active at St. Robert's Parish.

After Robert retired, he and Mary enjoyed spending their winters at their condo in Florida. In her free time, Mary enjoyed playing bridge and occasionally taking trips with her husband. After she was widowed, Mary was lucky to find love a second time, marrying a longtime friend, Jim Ewens. Mary and Jim lived at his home on North Lake and her condo in Whitefish Bay before deciding to move to Milwaukee Catholic Home in 1994. Jim was also blessed with a long life, as he lived just short of his 102nd birthday.

At Milwaukee Catholic Home, Mary is happy to be able to attend daily mass in St. Anne's Chapel. She said that she moved to MCH because she likes the atmosphere, including all the nice people who live and work here.

Mary also enjoys visiting with her large family, including her children, 13 grandchildren, 24 greatgrandchildren, and Jim's children and grandchildren. Her family joined her at Milwaukee Catholic Home for her 100th birthday celebration. For her birthday, Mary received 100 long-stem roses from her step-granddaughter, which she decided to share with her MCH friends on the altar in the chapel.

As for the secret to a long life? Mary says that she "just lived and took good care of herself." She said that she has had a happy life, and is proud to be the most senior resident of The Residence at Milwaukee Catholic Home.



Mary celebrated her 100th birthday on October 17th with her children, Bob, Claire and David



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FROM THE ADMINISTRATOR



Sandra K. Dugan

Our mission at the Health and Rehabilitation Center is to create an environment and provide an atmosphere in which an individual can function as independently as possible and retain the highest quality of life with the assistance of the staff at Milwaukee Catholic Home. Daily activities focus on the social, cognitive, physical and spiritual needs of all people. The Recreation Therapy staff strives to create meaningful activities that encourage both freedom and fun. We plan trips and activities that

embrace the diversity of our residents' interests, enhancing their quality of life. In the process, sometimes staff members fulfill some of their own interests and dreams.

While growing up, Ana Greer, a Milwaukee Catholic Home Recreation Assistant, had often driven by the Wisconsin Club, wondering what lay behind the grand facade. She imagined the history portrayed behind the magnificent structure. Last holiday season, Ana and a group of residents from our Special Care Unit visited the Wisconsin Club for a delightful lunch, settling Ana's curiosities.

The residents and staff enjoyed a delectable meal, reminiscing about past holidays, while surrounded by fine architecture and beautiful Christmas decorations. A member of over 40 years dropped in and shared stories of the Club's history. The Executive Chef, Allen Boltik, in chef's toque and uniform paid a special visit, explaining the menu to our group. It was certainly a lunch to remember!

The holidays are a magical time of year, a time of new hopes and dreams, and a time to fondly remember past celebrations and gatherings. At Milwaukee Catholic Home the holiday season is full of festivities, brimming with Thanksgiving feasts, tree trimming, holiday music programs, employee Christmas caroling, Christmas parties, and New Years' celebrations.

Each year we try to add to the residents' happy memories of the past with new ones shared with friends and family at Milwaukee Catholic Home. We strive to add joy and happiness to the residents' lives, whether it is through small actions like a daily smile or celebrations for birthdays and holidays.

The staff at Milwaukee Catholic Home would like to wish a happy and blessed holiday season to all. May all your dreams come true!



Clockwise from top: Ana Greer, Ann Sanders, Bridget McNair, Gretchen Kolb, Cecelia Uszler, Judy Ortiz, Ruth Fallon, Sandra Dugan



Residents Enjoy Senior Prom



The Health and Rehabilitation Center was recently the site of the Senior Prom. The Recreation Therapy department worked diligently to host the event for the residents of Assisted Living and the Health and Rehabilitation Center. Staff and volunteers, dressed in formal

gowns, handed out flowers to residents as they entered the Prom and had their pictures taken under the arch. The room was appropriately decorated with streamers and balloons, reminding many residents of their original Senior Prom. Residents were then treated to many of their favorite songs, performed by a singer. Professional dancers provided entertainment, and several residents were inspired to get up and dance as well!

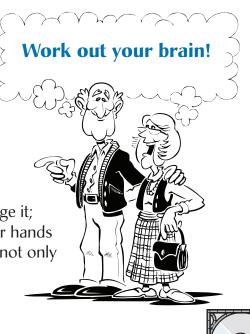
Virginia Stephenson dances during the Senior Prom.

NEW AEROBICS CLASS EXERCISES MINDS

Residents have been enjoying the new Mind Aerobics class offered in The Residence by our Wellness Nurse, Michele Chrisman. The group meets weekly for about an hour, with the goal of keeping their minds alert. Throughout the class, the residents discuss topics, play games, share stories, find creative resolutions to problems, and most commonly, laugh. Laughter increases the oxygen in the brain, which leads to more brain activity. Each session begins with a simple breathing exercise to relax the brain and

muscles, making them ready to receive information. This exercise is followed by a poem or prose, commonly related to the humorous side of aging, and a joke for the day. Topics and activities vary from week to week, but everyone gets a chance to participate in the discussions. Occasionally, participants are asked to do "homework," consisting of games or puzzles. Other recommended Mind Aerobics activities include: reading out loud, singing, using your non-dominant hand, watching Jeopardy and Wheel of Fortune, and taking deep breaths frequently.

Keeping your mind alert is easy to do if you take the time to challenge it; make an effort to do something that makes you think or makes your hands and eyes work together. Remember, the phrase "Use it or Lose it" is not only for the body!



Resident Holiday Wish List

During this holiday season of giving and sharing, we hope you will consider a charitable gift to Milwaukee Catholic Home to make the residents' wishes come true.

CAMPUS:

New Resident Welcome Flowers: \$500

Help new residents feel welcome in their new home with fresh flowers.

Nintendo Wii Console: \$1,000

With Nintendo Wii gaming systems for The Residence and the Health and Rehabilitation Center, residents could exercise their bodies with low-impact motions while playing golf or participating in bowling tournaments.

Assisted Living:

Computer Table: \$500

Give residents a new space to email loved ones and use the computer.

Cordless CD Player: \$100

A cordless CD player will allow us to provide music for activities, regardless of where they are located.

Entertainment & Decoration Fund: \$1,500 Support us in providing quality entertainment and lovely decorations for residents to enjoy.

Exercise Program: \$1,500/year

Help residents stay active by supporting their exercise program.

Fine China: \$3,000

Our Assisted Living residents will dine in style with your support.

GENERATIONS DAY CENTER:

Gift cards to Toys 'R Us or Michael's: Any Amount

We use the gift cards to purchase games and materials for craft projects.

Entertainment Fund: \$600

Help us provide quality entertainment for our clients.

HEALTH CENTER:

FM System for Hearing Impaired Residents: \$7,000

This system would allow residents to hear speakers without a hearing aid by using an earpiece that is linked to a microphone the speaker wears.

Music Therapy Programming: \$60/event

Providing music therapy for residents can promote rehabilitation and improve their quality of life.

Web Cam: \$200

A Web Cam would allow residents to call family members and see them on a computer screen as they talk to them.

RESIDENCE:

Fresh Flowers for Dining Room Tables: \$2,500

Put a smile on our residents' faces with fresh flowers in the dining room.

Lobby Centerpieces: \$500

Our lobby will look even nicer with new decorative centerpieces.

Surround Sound Music System for the Dining Room: \$7,500

Enhance the residents' dining experience with music through a surround sound system.

You can make a Christmas wish come true for the older adults at Milwaukee Catholic Home by sending your donation to: Development Department Milwaukee Catholic Home 2462 N. Prospect Avenue Milwaukee, WI 53211 414-224-9700



GIFTS FROM THE HEART

Milwaukee Catholic Home gratefully acknowledges our generous benefactors. Gifts of cash, property, securities, bequests and other gifts assist us in providing outstanding retirement and health care services for our residents. We encourage gifts in memory or honor of a loved one. We will be happy to notify the individual or family member of your generosity.

The following gifts were received between July 1 and September 30, 2007:

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Ring in the Holidays at MCH!

Join Milwaukee Catholic Home for an afternoon of holiday festivities on Thursday, December 20th in The Residence. From 1:30 to 3:30 p.m., enjoy tours of apartments decorated for the holidays, home-baked cookies and cider, visits with Santa, and Christmas music. You will be sure to be in the holiday spirit after all those fun holiday activities!



Volunteers Make MCH Tick

Volunteers are a vital part of the community at Milwaukee Catholic Home. Judy Burke, a volunteer for the past three and a half years, started volunteering one day a week as a way to fill the time when she was about to retire. Now that she has retired, Judy spends a part of almost every weekday at MCH, carrying out a variety of tasks, including: working in the Emporium, calling bingo, helping with crafts, running the resale shop and serving lunch in Generations Day Center. The staff and residents are

grateful for all the time Judy and our other volunteers give.

Milwaukee Catholic Home is currently looking for new volunteers. We have a specific need for volunteers who can work weekday hours but welcome any time commitment volunteers can make. Current positions we have a need for include: resident escort, one-on-one visitor, bingo caller, woodworking assistant and craft assistant. For more information on volunteer opportunities, please contact Volunteer Coordinator Mary Cherniack at 414-224-9700 ext. 142.



Volunteers Melissa Flieschman, Judy Burke and Gene Traudt, with Thomas Kaiser (second from left)



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