



# Heritage Muskego Heritage Newsletter

S64 W13780 Janesville Road, Muskego, WI 53150 | 414-425-7155 | heritagesenior.com

May 2019

## Letter from the Director

Dear residents, families and friends,

May is National Older Americans month – and the 2019 theme is **Connect, Create, Contribute**. This theme hopes to encourage seniors to:

- **Connect** with family, friends and area services
- **Create** by engaging in activities that promote learning, health and personal enrichment
- **Contribute** time, talent and life experience to benefit others

We hope our residents are fully able to embrace these worthwhile endeavors, and it's our goal to create opportunities to help them do so. **Connect** with loved ones at one of our themed activities, outings or meals, and learn about area services at our presentations. **Create** a work of art at a craft or painting event or create a better you at one of our regular fitness classes. And **contribute** by sharing your stories, anecdotes and lessons with family, other residents and staff – or contribute your time by volunteering in our community!

Check the May calendar to see all the opportunities you have to **Connect, Create and Contribute** this month! And let us know what other events and activities would inspire you in the future. Sincerely, *Robert Whitehurst*



**Robert Whitehurst**  
Executive Director



## Resident Recognition

### Ken K.

We would like you to meet Ken – and welcome him to the community, as he is one of our wonderful new residents.

Ken is a father of six and a grandpa of 10! He grew up in South Milwaukee and spent his career serving as a Milwaukee police officer. Ken is a ray of sunshine, with a fabulous sense of humor, and we're lucky to have him!

### **The Heritage Senior Living Mission:**

*To provide the highest standard while protecting, cherishing, and dignifying the knowledge, value, and joy of our respected residents.*

## A Message from the Wellness Nurse

### Fight Seasonal Allergies for a Brighter Spring

As the temperatures continue to rise, so does the pollen count, meaning that seasonal allergies are on the way. The itchy eyes, congestion and running noses of allergy season can ruin any bright spring day. The key is to properly prepare before they even strike! Here are a few tips to help:

- Due to the side effects of antihistamines, they are not always recommended for seniors. They can raise blood pressure, interact with other medications and cause other serious problems. Check with

your doctor for an allergy solution that will work best.

- Check the pollen count. Online weather sites is a great resource. Avoid outdoor activities or opening your windows when the count is high.

- Wash your hands after being outdoors. If you've been out for a while, change into fresh clothes to prevent spreading pollen in your home.

- Wear sunglasses to keep pollen and other irritants out



**Amanda Runnoe**

VP of Quality and Clinical Operations

of your eyes.

- Eat foods that fight inflammation, like apples, walnuts, ginger and leafy greens.

## A Message from Culinary

### Make Life Sweet without Added Sugar

Did you know that most Americans eat 19 teaspoons of sugar a day? The recommended intake is 6 teaspoons for women and 9 for men. Meaning many of us have a long way to go! Here are some tips to make cutting out added sugar a bit simpler:

- Limit sugary drinks. Sodas are a prime example, but many juices also have added sugars. Opt for low-sugar options or switch to

sparkling water, water infused with fruit or herbal/fruit teas.

- Switch up your dessert. Most desserts don't have a lot of nutritional value. Consider an alternative like fresh fruit, Greek yogurt with cinnamon, baked fruit with cream or a piece of dark chocolate.

- Avoid sugar-filled sauces like ketchup and barbecue sauce. Yellow mustard, vinegar and pesto are nice alternatives.



**Alan Molina**

Executive Chef

- Choose low-sugar breakfast options like hot oatmeal with chopped fruit, boiled or scrambled eggs or avocado.

## Our Quality Promise to You



Our quality promise starts with commitment. Heritage Senior Living is committed to listening to YOU. Got an idea? A suggestion? We want to hear it. Quality matters so we appreciate your ideas and input. Whether you are an employee, a resident, a family member or a visitor, let us know. Email us at: [quality@heritageal.com](mailto:quality@heritageal.com)

## Staff Updates

### Welcome Stephanie S., our new Culinary Aid

Heritage Muskego is excited to welcome Stephanie, our new culinary supervisor.

Stephanie is continually willing to help out when needed and is always happy to see our residents.

A Milwaukee native, Stephanie is a mom to two girls and loves spending any time she can with them. She is also a very talented painter, makeup artist and face painter.

In her spare time, Stephanie loves to go for walks and spend time outside, especially in the summer. She also loves to take the kids up north to go camping and to the lake.

Here at Heritage Stephanie is looking to grow and utilize her skills "in this great company," along with trying to always make a resident's day.



**Stephanie S.**  
Culinary Aid

## Staff Member Spotlight

### Thank You, Whitley B., one of our CNAs

Heritage Muskego is very proud of Whitley, one of our CNAs here.

Whitley goes above and beyond her job description for our residents. She is always smiling, bubbly, outgoing and loving.

She consistently gives her best effort and presents a smile to our residents. That's why we are so proud to honor her this month!

Whitley, a Milwaukee native,

is a mother of four kids. Her hobbies include cooking and watching cartoon movies. Her favorite food is pizza.

Whitley's favorite time of year is fall, and she especially loves Halloween.

Whitley came to Heritage after seeing the environment, company goals and the residents. She hopes to one day lead CNA staff to better service the residents.



**Whitley B., CNA**



## We're Looking for Volunteers!

We are looking for people to volunteer at our community. If you are interested in helping, please call us at **414-425-7155**.

### Muskego Lakepoint Church Meal Packing

Heritage Muskego residents and staff spent a Sunday morning in April giving back to the community as part of Lakepoint Church's meal packing efforts. Heritage Muskego alone packed almost 200 meals! The total goal was 100,000 meals – which we helped meet! These meals were then sent to local food pantries around the area.

**Right:** Joyce, Mary, Francheska and Ester take a second for a photo.

**Bottom right:** We all gathered together for a team shot.

**Bottom left:** Louisa and Kay smile for the camera.



## Last Month in Pictures

### Easter Painting Activity

The weather was definitely inconsistent in April, but we were able to spend one of the good days out on patio painting! Residents showed off their artistic sides with colorful Easter egg paintings. What a great way to enjoy the sunshine.

**Right:** Marilyn and Ruth concentrate on their egg painting.

**Below:** Everyone enjoys the first spring day by painting outside.



### Resident Birthdays



Tom L. 5/6  
Dorthey B. 5/16



### Welcome to our New Residents!

Jane S.  
Bob S.  
Douglas J.

## Upcoming Events

**Resident Council** on Friday, May 10, at 2:30 p.m.

**Resident Art Show** from May 13-19 in the Lobby

**Happy Hour and Music by Kathey Ann** on Friday, May 17, at 2 p.m.

**Spring Tea (Please RSVP)** on Sunday, May 19, at 10 a.m.

For more information or to RSVP to an event, contact our community at 414-425-7155.



Join us at Heritage Muskego for our

### Resident Art Show

May 13-19, 2019

Stop by the lobby and vote for your favorite piece!  
Voting ends May 19.

For more information or to RSVP, call 414-425-7155.

**HERITAGE  
MUSKEGO**  
Independent, Assisted Living and  
Memory Care Communities



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Janesville Road  
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*High*  
**TEA**  
Sunday, May 19, at 10 a.m.

Sip tea while learning about different types of tea and what they pair well with.  
Come in your best dress! We will also be making hats for the occasion.

RSVP by May 13.  
Call 414-425-7155 or email  
rsvp@muskego@heritageal.com

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## Heritage Core Value of the Month: Hospitality

*Hospitality is having a welcoming spirit with an outstretched hand and offering a smile.*

### Write us a Review!

We want to hear from you! If you're pleased with your experience at Heritage, let us know by writing us a review online. You can find us on various websites, including **Facebook**, **Google**, **Yelp** and more.

And don't forget to **like us on Facebook and follow us on Twitter (@Heritage Senior)** to stay up to date on Heritage news and events.



### Friends and Family Referral Program!

If you refer someone who moves into one of our Assisted Living or Memory Care communities, you'll receive **\$500** toward your next month's rent! If you refer 2 people, you'll receive **\$1,000** (\$1,500 total) and if you refer 3+ people, you'll receive **\$1,500** (\$3,000+ total)!