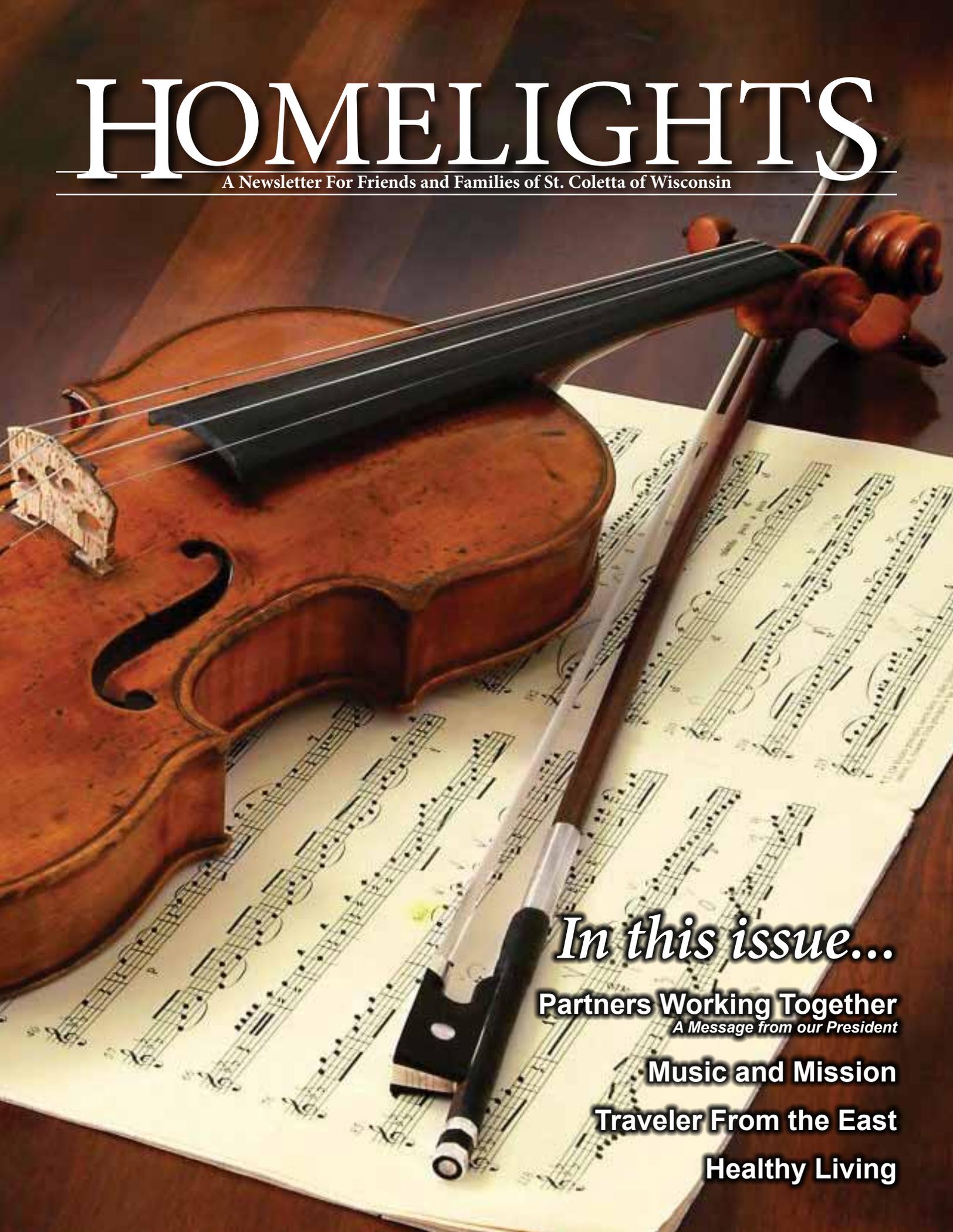


# HOMELIGHTS

A Newsletter For Friends and Families of St. Coletta of Wisconsin



*In this issue...*

**Partners Working Together**

*A Message from our President*

**Music and Mission**

**Traveler From the East**

**Healthy Living**

# Partners Working Together

A message from St. Coletta of Wisconsin President Tony LoDuca

Dear St. Coletta of Wisconsin Community:

It's hard to believe another year has come and gone! 2012 was an amazing year for our organization as we continue our mission of producing high quality services & programs for the developmentally disabled.

As we move into our 109th year of service to people with developmental disabilities, I would like to take a moment to reflect on the accomplishments throughout the year:



- In February, we finalized the sale of our 13-hole golf course and the surrounding developable land located in Jefferson, WI thereby eliminating a number of expenses associated with that property.
- We were awarded a three-year CARF industry accreditation, the highest level possible, for our programs and services. Obtaining this accreditation really illustrates our commitment to provide quality care and services to the people we serve throughout their life.
- We celebrated the completion and occupancy of two brand new homes in Waukesha homes built for people to “age in place” eliminating or reducing the need for nursing home placements in the future.
- The Affirmative Industries work center site was consolidated with our Excel program and relocated to our Jefferson corporate headquarters addressing the aging needs of persons served thereby expanding our senior based services
- We launched a new brand new website which offers a number of new features that enhance and improve communication to our stakeholders.
- The completion of the digitizing of the homes’ computers thereby streamlining the process of effectively and efficiently communication between staff member to better serve our residents.
- Created a new event that was held in October, the Dash for Disabilities 5k run/walk, to enhance awareness to staff and clients regarding the importance of health & wellness.

In addition, in recent months we have focused our efforts on developing the next generation of our organization’s strategic plan. The new strategic plan implementation will take place in calendar year 2013 and will be complete with innovative objectives, improved strategy statements and complimenting action plans. Lastly, through our staff members’ hard work and compassion, we have been able to achieve a strong satisfaction rating from families, funders and clients.

As we transition into the New Year, we will strive to improve and enhance our programs and services for the people we are so blessed to serve and “move the needle” on important topics such as disability awareness and advocacy.

Thank you for your ongoing support! Best wishes to you and your family for happiness and good health this Holiday Season and throughout the coming New Year.

Sincerely,

Tony LoDuca  
President/CEO  
St. Coletta of Wisconsin

## Upcoming Events & Dates

- **Mission Effectiveness**  
February 4-8th
- **Client Recognition**  
March 15th
- **Bucks Game**  
March 24th
- **Illinois Golf Outing**  
June 17th
- **Sister’s Jubilee**  
July 18th

Thank you and congratulations to each and every one of you who voted in the Badger Press \$10,000 Fundraising Appeal Campaign! The contest was very close and we wouldn’t have won without your help. We are so proud of the St. Coletta community of staff, friends and family that came together and took the time to vote each and every day!

### *In this issue..*

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## Mission and Music: St. Coletta Draws on Rich History

Music can be a one of the most powerful influencers in our lives. Through music, people are able to express themselves in a way that cannot be done otherwise. Somewhere inside of us, we connect to music on a deeper level than any other type of external stimuli. Music can be experienced in different ways, provoking a different response from us. People enjoy music when they hear it, perform it, or create it. Listening to music allows us to feel a multitude of emotions and, conveniently enough, there is a type of music for every mood that we are in. It has been long said that music provokes an emotional response. There always seems to be a time when music can raise our mood when we are feeling sad or get us excited when we are going out for a night on the town or getting ready for a sporting event. It can even calm and relax us when we are stressed out. We all go through these emotions on a daily basis and some of us wouldn't know what to do without music because of the immense impact it has on us.

People need music. But why? Why is music so influential to so many people? It's hard to figure out what exactly it is about music that has such a huge impact on so many of us. It can only be concluded that music allows us to express ourselves.

St. Coletta of Wisconsin has realized this strong human connection to music and has incorporated it into the lives of the

people they serve, by providing ability to explore music through NOVA Music.

NOVA Music is one of the oldest continuous groups meeting on a regular basis at St. Coletta of Wisconsin. It is now in its 15th year, originated and directed by Christine Henes.

“The NOVA Music is an opportunity for individuals to participate in a disciplined experience built around positive, intrinsically motivating music making,” notes Henes. NOVA Music offers music as a tool to facilitate self-expression and motivation and positive behavior, as well as easing social barriers and raising self-esteem.

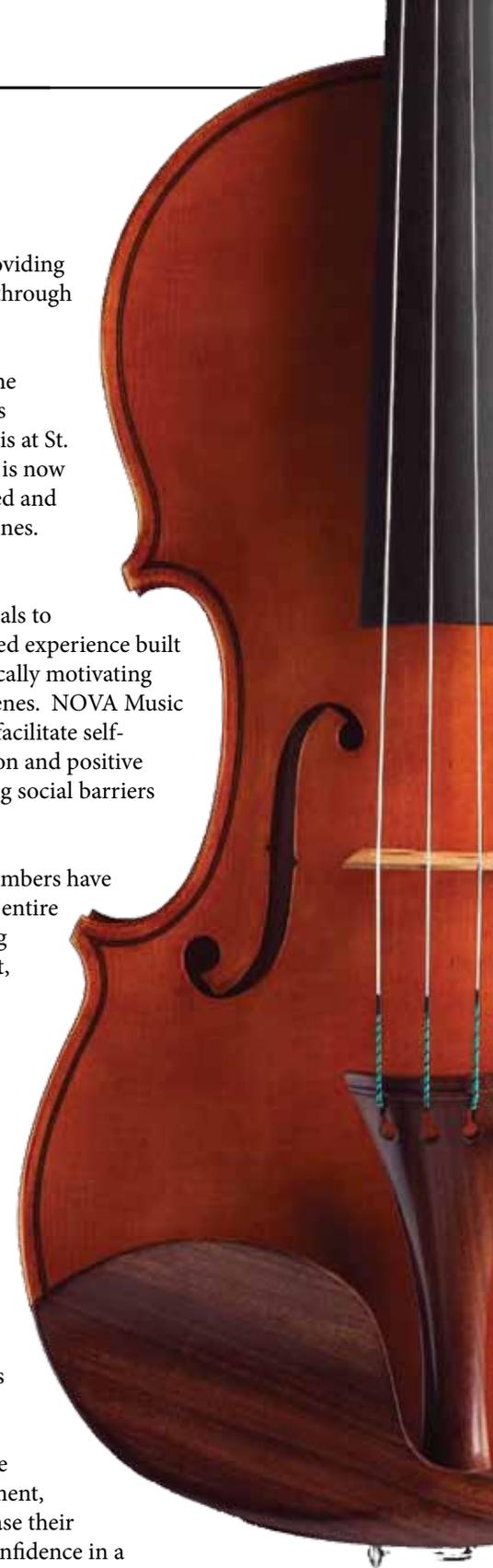
“Many of the current members have been in the program the entire time. As a result, a strong sense of accomplishment, community, ownership, loyalty, and well-being are developed among participants who invest themselves in the program.” adds Henes

Each year NOVA travels to the Bradley Center to perform the National Anthem at a Milwaukee Bucks Game. It's a great experience for the clients that participate. The months of preparation and practice illustrate the dedication and commitment, allowing them to showcase their talents while building confidence in a very public atmosphere.

Prior to NOVA Music, Sr. Miriam Terese Yost was a very

**Music Continued on Page 8**

*Left: Circa 1967 - Grant tries out for chorus membership with Sr. Miriam Terese as Jane and David await their turns.*



## Westward Leading, Still Proceeding: St. Coletta of Wisconsin Welcomes Traveler from the East

A new addition to the historical life-size nativity arrived last month in the form of a camel tender. Perhaps nearly as treacherous as the journey of the Magi, the figure was held up at Marshal Bennett Galleries located in Nanuet, New York while the Northeast was struck by the devastating Super-storm Sandy knocking out power, supply chain and transportation services for days.

The life-size nativity, which has been a staple of the community for nearly sixty years, was originally a gift from Richard Cardinal Cushing, Archbishop of Boston, to commemorate the new chapel built in 1953. The manger itself was built [and also donated] by Stengel Construction. The debut of the complete set was during the 1954 Christmas season.

The traditional set included the Holy Family, the Magi, shepherds, a number of animals and sheep, and three large camels with accompanying camel tenders. The addition of this new figure will again restore the set to its original count. Brother Boniface Shellock recalls it was in the mid-to-late seventies, sometime late in the night, when one of the camel tenders was taken. "It was found the next day, only to be smashed north of the former St. Coletta campus on highway 18," he remembers.



Tom, a client served by St. Coletta since 1958, also remembers the day the camel tender went missing, "We got up in the morning and he was just gone!" Tom alarms, "someone must have come in the middle of the night." Back then, Tom worked on the grounds crew with Sr. Claudiana and Sr. Virgilia who managed 25 boys to do all the snow removal, yard maintenance, and set up the nativity.

"This Nativity set has a strong traditional connection to the community Christmas celebration. It really deserves to be complete and presented in its fullest splendor. St. Coletta appreciates the support of the local donors who helped

finance the return of our missing tender," recognizes Ted Behncke, Vice President of Operations.

Last year, Behncke led the efforts to restore the set. The manger [itself] received a fresh coat of paint and shingles. All of the statues were touched up and put on display. Jefferson locals remember seeing the crib at the old campus, but very few remember seeing it with all the members on display.

"We really need to stay on top of the upkeep of such a heritage piece as this," advises Jonathan Berger, who painted the figure to match the 1954 versions. "The original pieces were constructed with a reinforced plaster and over the years have started to deteriorate." Berger warns. Some of the statues need an increasing amount of repair each year before they are displayed. Richard Marshall, owner of Marshal Bennett Galleries notes the use of materials like fiberglass are perfect for applications like this and are becoming quite common today. "Anytime you have a sculpture that is seasonally moved or is in the extreme elements - the possibility of damage increases." Marshall notes.

Steve Steele, Director of Mission Effectiveness at St. Coletta explains, "The Nativity is not only a celebration the Christmas season is upon us, but also our Franciscan connection," he continues, "St. Francis of Assisi is often credited with creating the first (living) Nativity scene in 1223." The popularity over the years inspired many communities to create similar scenes and sculptures. "The appearance of our Nativity on the front lawn is one of those indicators that the Christmas season is here - the individuals we serve have come to look forward to it and spending time with family and friends."

*Above: Traveling from New York, the camel tender safely arrived in Jefferson.*

*Left: The Nativity is located at N4637 Co. Rd Y, in Jefferson, Wisconsin and will be on display through the new year*



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## Self Advocacy:

### St. Coletta Community Member Shares Message with Students



**K**elly Gunn, served by St. Coletta, is a wonderful self-advocate for herself and others that are living with developmental disabilities. Kelly has learned to overcome her vision challenges through a number of different techniques and continues to find creative and innovative ways to live her best life possible. Earlier this year, Kelly gave a presentation to a group of local school children and today we share that same presentation with you.

*Kelly participates in the Disabilities Dash*

“My name is Kelly Gunn I want to share my life story with you as someone with a disability particularly blindness so that you can be more informed and hopefully be able to be an encouragement to others.

I was born with fluid on my brain, a condition called hydrocephalus. This extra fluid did damage to my optic nerve. I had to have a shunt put in my skull to drain the fluid. I also had a bloodclot removed from my head. I was declared legally blind. This means that I do not have enough vision to drive. I have 20/200 in my better eye. There are others who have Low vision which is 20/200 or less with corrective lenses. Then there is a group that can only see light and dark. Lastly there is totally blindness where they see nothing at all. A blind person may have other disabilities as well; they may be in a wheelchair or deaf.

Emotionally I have the same feelings that you have, but I may respond to feelings you may not think of differently such as Discrimination. This is because I do things differently than you would. I have to have print larger than you do to read. I do get angry, sad, happy just like you do.

I have to remind myself that others see things differently. One time, a visitor asked me how to get to another building in the school, I told her “go to the end of the carpet, then turn left, follow the wall until you get to a doorway. It was at that point that I realized that these directions would not help this person. I then said “It would be easier if you just follow me.

Our education is quite the same. All of our classes are taught basically the same. There is Reading Writing and Arithmetic. As well as History of all kinds. In high school, our Chorus

group went Canada to preform with other students from blind schools all over the US. and Canada. Classes that are included for students at a school for the blind are mobility, to help us get around safely. We are taught to use a cane that helps us know if something is in the way. Training with buses and taxis are encouraged. Daily living Skills show us ways to do simple tasks like matching our clothes by using different tactile ways. Cooking has to be learned differently as well. After high school graduation and diploma is given, further education is available through Tech schools and Universities.

We use braille to read just about anything. Braille is a system of 6 dots in a cell. Any combination of the dots makes letters, numbers, punctuations, and music notes using a machine called a braille-writer or by doing it by hand with a slate and stylus. These methods are used for those who can not read and write print For those who can use print, there are large print books or machines that can make print larger for them to read.

Sports can be adapted for a blind person, balls with bells inside them or beepers inside them dictate where the ball has gone. Big plastic cones with beepers can be used as bases.

Travel is not out of the question either. Travel groups for the disabled allow people with disabilities to travel to many exciting places. I have been to Colorado, Hawaii, the Bahamas. With friends I have been to South Dakota.

In closing; blind people can do almost anything they put there mind to, given the chance to be seen as the people they are.”

## What is Consumer Leadership Council?

**The St. Coletta of Wisconsin Consumer Leadership Council** provides input into the daily operations at St. Coletta. The group of persons served and managers work to develop advocacy skills. They meet quarterly each year and represent various vocational and residential program areas. In 2012, we have had excellent participation and that is made possible by communication between staff and persons served. We ask your continued support and development of this important group of leaders. If you would like to recommend someone to serve on the Council, please contact the Case Coordinator.

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## Local Business Awarded

### Berres Brothers and Access Receive Recognition

October was a month that is filled with candy and costumes, hay rides, haunted houses, and of course here in Wisconsin we know it always means cold weather, but for some people it stands for so much more. For the past quarter of a century, October has been named National Disability Employment Awareness Month (NDEAM). NDEAM is a national campaign to raise awareness about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities. Each year, NDEAM has a themed focus. This year's theme is "A Strong Workforce is an Inclusive Workforce: What Can YOU Do?"

The Access Community Employment Program assists qualified participants in achieving their highest level of success in choosing, obtaining, maintaining, and/or advancing in a competitive career. They match qualified people who possess the capabilities and motivation to meet employer's needs. One particular employer that has taken advantage of the Access program is Berres Brothers Coffee Roasters.

Berres Brothers Coffee Roasters is one of the leading coffee producers in the area. The business has been producing and roasting its signature coffees since March of 1992. Berres Brothers has been working with developmentally disabled employees for the last seven years. They have a very friendly work atmosphere, which makes it a perfect place for the Access Program participants to start a career. For the last five years, Jim Barbacovi, an Access Program participant, has been taking advantage of friendly, inviting work atmosphere. "I like having a job that keeps me busy and I get to earn money," Jim shares about his job at Berres Brothers. Jim has been a dedicated employee, consistently trying to improve his responsibilities as a custodian. Jim admitted that he had a few challenges learning the job at first, but with Access'



*Liz Bouchard St. Coletta Job Coach, Erika Boettcher, Access Program Manager, Pete Berres Owner, Berres Bros., Burt Christenson Production Manager, Jim Barbacovi, Senator Scott Fitzgerald.*

support services he has been able to perform his duties at a high level. "As long as the employer is willing to work with their employees, there really aren't any problems with hiring people with disabilities," Burt Christenson, Production Manager at Berres Brothers, stated when talking about working with the Access Program, "As long as you give them a chance, you are able to give back to the community... it's nice to see them included as a part of society."

Berres Brothers has really been a role model for businesses all over the country. They are recognizing people with disabilities and working with the skills they have rather than looking at the skills they do not have. Being mindful and helping the community you work in can be a really big asset for any company and speaks volumes about what they are all about. "I would recommend working with people

with disabilities. They have a unique skill set, if you have the openings available and a firm set of guidelines, it's worth it," Burt shares. The relationship that grows between the employer and an employee with disabilities can be very valuable for both parties. The employer is able to help employ those who have difficulty finding jobs, which in turn helps the local community by reinvesting wages earned by the employee contributing to an increased quality of life.

The opportunities that Berres Brothers provides to employees with disabilities are a perfect representation of National Disability Employment Awareness Month. Berres Brothers exemplifies an inclusive workforce as defined by this year's NDEAM theme. Their success with programs like Access can be a beacon for other businesses to follow.

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## St. Coletta Family Picnic

### Another Great Day Full of Games and Camaraderie

There were a number of pleasant days this summer providing local Jefferson residents the opportunity to spend some quality time outside. At St. Coletta of Wisconsin, this was no exception, gathering for our annual family community weekend conference and picnic. Over 350 family members and friends travelled from far and near to enjoy what has come to be known as St. Coletta's best event of the year. The two day celebration kicked off with Friday Mass at St. John the Baptist's church in Jefferson with Father Tom Coyle leading the service. After Mass, a number of St. Coletta family and friends made their way to the Jefferson Fair Grounds for a large buffet style fish fry and baked chicken dinner. Saturday's events included both the leadership morning presentations and a large outdoor picnic to cap off the weekend. As luck would have it, St. Coletta was blessed again by another great weekend of weather, for it has never once rained on the picnic. Some may call that luck - others divine intervention. Either way one thing is for sure, "We consider the picnic a huge success and thank our staff, family, friends and the people we are so blessed to serve in helping to make this year's picnic one of the best," said President and CEO of St. Coletta, Tony LoDuca, "we are already looking forward to next year".



*Above: Alec takes a shot at one of the many games at the family picnic held in August. The weather provided a pleasant backdrop for the entire weekend.*



*Right: George and Amber take a break from the festivities to pose for the camera. Over 400 people from the Jefferson and St. Coletta community attended the picnic this year.*

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## High Tea at Itasca Country Club to Help Benefit St. Coletta



Nearly 50 women were in attendance on the afternoon of October 18th, at Itasca Country Club in Itasca, Illinois for a High Tea luncheon set to benefit the programs and services of St. Coletta. Mary Ann Vanaria and Pam Harding, board chairs of the advocacy group, Illinois Friends, were responsible for the event. The afternoon was delightful with guest speaker, Marti King Tracy, gemologist, from Fey & Co. Jewelers in LaGrange, IL providing attendees with a wide variety of birthstones in addition to gemstone types, cuts, and care. In addition, three vendors were exhibiting their products including: Carly Baranak of the Funky Zebra, Mary Francissen of Park Lane Jewelry, and Pat Dayton of Patti's Purses. Lori Miller, Development Coordinator for St. Coletta, was also on hand to provide the group with more insight into St. Coletta's service programs. Events like this are a reflection of the dedication our families and friends have to our mission and we thank you for your ongoing support! Also, thanks to everyone who took their time to attend, what a great group of ladies!



### Music Continued from Page 2

important figure to the early music program at St. Coletta. Sr. Miriam worked at St. Coletta for more than 32 years starting back in 1956. She was directly involved with the music program where she and three other sisters taught students a wide spectrum related to music, from folk and square dancing to guitar and piano lessons to band and pre-band instrument lessons. They developed the Voices of St. Coletta Choir, which received regional and national recognition, showcasing their talent on three different albums. “The goal was to help develop the abilities of our students and show people what they could do,” Sr. Miriam shared. Sr. Miriam is currently living in Milwaukee and while she is not as active as she used to be, she still does some organ work for the masses at Claire Hall, a home for sisters who have retired. Sr. Miriam had never worked with people with developmental

disabilities before coming to St. Coletta and admitted that it wasn’t always easy, “I enjoyed it from the very beginning, but it was very challenging. Developing the choir and teaching the students was hard, but it was a big part of my life. The students always had the ability, it was just a matter of helping them get better and showing people what they were capable of doing”.

Through the music programs, students were able to break out of their shells. “They loved it. They enjoyed meeting people, singing for them, they enjoyed every part of it,” Sr. Miriam added. Sr. Miriam worked with many students throughout her years at St. Coletta and each student she taught was special in their own way. Two of the most notable people Sr. Miriam taught involved in the music program were Gerry Donahue and Mary Ann Twilleger.

Gerry is an extraordinary member of the St. Coletta community. Each Thursday, he contributes his talent to the weekly masses held at St. Coletta Little Flower Chapel. As a gifted organist, Gerry leads the congregation for the majority of the service. Gerry’s favorite part about playing the organ is the fact that he has a lot of opportunities to perform. He is not only a part of the services at St. Coletta, but he also plays at St. John’s Catholic Church during the week.

Gerry was born in Boston, Massachusetts in 1942 and came to St. Coletta when he was only 16 years old. He goes back to Boston at least once or twice a year to visit his sister who still lives there. Gerry didn’t attend school at St. Coletta like a lot of the other clients, but he did participate in the music program, and worked cutting grass, mending shoes, sanding floors, and painting. That pretty much sums up Gerry; he always has to be doing something to keep himself busy. Even today, Gerry is busy playing the organ, delivering mail for the Jefferson County Advertiser, or helping recycle copper. Gerry first learned how to play the organ when he was just nine years old. Because he was able to start so young, music has been able to influence Gerry’s life in many ways. Gerry explains, “playing the organ has helped me with my memory and it is almost like a form of meditation.” Those of us who have played musical instruments understand this feeling.

Research has shown that studying and playing musical instruments has more rewards than just sounding good or improving memory. Many studies have shown playing an instrument can improve performance in school as well as help people deal with emotional trauma. We have all had a time in our lives where we were struggling or had something tragic happen to us. In those times, we might have had a song impacting us on a deeper level, helping us to recover.

The newest research shows that it can not only help us emotionally, but can also fine-tune the human brain, biologically and neurologically enhancing its performance and reduce the wear and tear that time has on it.





*Upper left: The NOVA Choir performs at this year's Buck's Game.*

*Lower left: Gerry's talent is a staple at St. Coletta Masses.*

*Left: Mary Ann is the only violinist at St. Coletta. Mary's dedication can be heard at mass every Thursday afternoon in the Little Flower Chapel.*

Nina Kraus, director of the Auditory Neuroscience Laboratory at Northwestern University, is finding connections between musical training in childhood and language-based learning, like reading. In order to learn how to read you need to have a good working memory and have the ability to make sound-to-meaning connections. Functions of the brain, like memory, are strengthened through active engagement in playing a musical instrument. Playing an instrument can help [not only improve auditory skills] but also attention skills and memory skills which translate to scholastic learning. Learning how to play an instrument can go a long way for people, especially for those who have developmental disabilities. It can improve listening, learning language, literacy, math, social skills, and it boosts self-esteem and confidence, allowing a demonstration of accomplished skills. Everyone likes to show off their talents, it gives them a chance to feel good.

Another client at St. Coletta that has experienced the wonders of music is Mary Ann Twilleger. Mary Ann has been a part of the St. Coletta family since the age of 11. After growing up in Cincinnati, Mary Ann came to St. Coletta as a student in 1953.

After five years at St. Coletta, Mary Ann started taking music lessons and began a journey on how to play the violin. It was difficult for her at first, as it is for most

people learning a musical instrument, but she was committed and enjoyed every opportunity she had to improve. It took a lot of dedication from Mary Ann and her teachers, but the efforts paid off. As Mary Ann progressed in her lessons, she started getting more comfortable with herself and her abilities. She admitted that she didn't have a very good memory, but because she has continued her violin lessons even to this day she is able to do some remarkable things. You can ask anyone that knows Mary Ann one thing about her they will say that she has an amazing memory. She has the ability to remember the birthdays of every person she meets. It will be one of the first things she asks you when you meet her.

Mary Ann loves being a part of the NOVA choir and playing in the services. "My favorite part of playing the violin is just having the chance to keep learning and getting better," she remarks. Her passion for music is inspiring and makes you want to go out and learn a musical instrument so you can share some of that excitement with her. Beyond playing the violin and singing in the choir, Mary Ann enjoys playing games, being around people, going places for coffee and numerous other activities.

"A year ago Mary Ann received a beautiful upgraded violin. It was a privilege to enable her to play "O Holy Night" accompanied by the organ in mass

for the Presentation of the Gifts." says NOVA Director Christine Henes. "It was a pleasure to see some of her family come to hear her play." Mary Ann once brought a beautiful Victorian portrait of her late Grandmother to her violin lesson. Her Grandmother was posed with her violin. Mary Ann said she plays for her Grandmother and Mother up in heaven. Often when Mary Ann has played exceptionally well, a beaming smile lights up her face. She will point her violin bow heavenward and say, "Grandma and my Mother are watching and they are proud of me." We are proud of you too Mary Ann... and privileged to be a part of your life.

The clients at St. Coletta are extraordinary people. The St. Coletta music program very important, not just for the clients, but for staff and families. We recognize this remarkable group of individuals and see some of their amazing talents. Whether it allows us to express our emotions, become better learners, improve our social skills, give us confidence, or if it's just the pure joy it provides, music is a vital part of human nature. The benefits are shown in a multitude of ways, but beyond that music is something that can bring all of us together.

**Editor's note:** A special thank you to Justin Rotaru, 2012 Marketing Intern for his efforts in writing and researching Music and Mission.

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## Happy Holidays!

### St. Coletta Participates in Parade of Lights

Rainy weather didn't dampen the spirits of our St. Coletta family members who participated in Jefferson's Annual Parade of Lights on Saturday December 1st. Staff and clients spent hours decorating one of our shuttle buses to resemble Santa's sleigh complete with hundreds of lights, wrapped presents and Santa himself. The day of the parade came and along with rain, rain and more rain! But as luck would have it, the skies cleared up just in time and the parade went on as planned. The crowd cheered on St. Coletta and responded cheerfully to clients calling out "Merry Christmas!" The entire event was a success and we thank everyone who volunteered.

*Right: The St. Coletta Parade of Lights float lead staff and clients through the streets of Jefferson.*



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## On the Road:

### St. Coletta Vehicle Maintenance System

Transportation is one of the most intricate services St. Coletta provides to the people we serve. With a 72 vehicle fleet spanning across four service areas, a systematic approach to maintenance is necessary to ensure each vehicle receives a 90 day inspection. For some vehicles, such as our Department of Transportation (D.O.T.) shuttles, they are inspected every 30 days. Annually, D.O.T. vehicles are offered to St. Coletta on a discounted rate through a state provided grant. It is because of this opportunity that we are required to inspect them every 30 days.

When a vehicle is brought in for an inspection they are put through a rigorous examination of key vehicles components including the engine, transmission, front/rear brakes and the tires. Fluids are then checked and topped off or changed as necessary. Safety and operator equipment is then double checked to confirm they are up-to-date and available if necessary. These items include but are not limited to: the insurance card, accident

instruction card, handicap permit tag and the first aid kit. It is only after every element is covered, that the vehicle is approved for driving and signed off on.

The cost of maintaining our large fleet continues to climb and we strive to maintain our budget. Unfortunately, unforeseen repairs can occur, forcing additional expenditures and expenses. With that said we are constantly on the lookout for innovative ways to save money and have been able to purchase used vans in great condition for about \$14,000/each. Vehicle donations to the transportation department are always welcome as well as they provide comfort, safety and enjoyment to the people we serve offering us an opportunity to enrich their lives daily through different activities and trips. For more information on the transportation department, please contact Mary Vohs, Transportation Manager, #920-674-8450.



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## Health and Wellness: Get Active and Educated!

The Health and Wellness Initiative at St. Coletta of Wisconsin is so much more than a diet or workout program. It is a way for employees and clients to improve their lives for good. A better life starts with better knowledge, and part of the initiative is to educate people on how to be healthy. Telling people how to be healthy can only go so far and motivate so much, but actually showing people how to become healthy speaks to them on whole new level. Part of the initiative was to help clients become healthier. The best way to educate the clients was to offer activities that they could participate in so they could have some hands-on learning. Some of the activities the clients did were a collage contest, a fitness and exercise journal so they could keep track of their activities and goal sheets to help them plan out their progress and give them something to work toward. In addition, clients were given refrigerator magnets each month providing tips and advice to help them make healthier decisions.

Andy is a client at St. Coletta and he is one of the biggest success stories from this year's Health and Wellness Initiative. When Andy first started becoming more health conscious, he was coming from a diet that consisted of too much sugar, greasy foods, and a lot of soda. Andy consulted his doctor in coordination with the Health and Wellness initiative, and they came up with a simple healthier diet for Andy to follow. Andy's new diet includes no more greasy foods, no sugar on his cereal in the morning, limiting his soda intake to just one can per day, and eating healthier meats like fish and chicken. In addition to a new diet, Andy rides his exercise bike and tries to walk every day. Andy had set himself a goal to lose weight. He didn't put a limit to his goal, he just knew he wanted to lose as much as he could. In just a short few months, Andy has stuck to his diet and exercise regimen and has 10-20 fewer pounds to show for it. Andy admits that since he started making healthy decisions he is feeling better



*At the entrance to the St. Coletta administration building, Andy (number 122) at the starting line with friends, families and staff.*

and isn't as tired during the day as he use to be. Andy's success can be an inspiration to all of us and he is an example that if we stay committed to becoming better the results will follow.

Staff and clients were reminded of healthy practices as well. Nutrition and fitness and exercise posters were hung up around the building to share some of the same healthy habits the clients were informed of. The employees also had a healthy potluck to share some healthy foods that everyone could make. The initiative is cultivated into a week where employees and clients can participate in workshops for dietary purposes, finances, health risk assessments, healthy work practices, and so much more. At the end of the week there was a Health and Wellness Fair where over 25 local businesses and vendors showed demonstrations and gave samples of healthy products. That Saturday, everyone was encouraged to participate in the Dash for Disabilities 5K/1 mile run/walk, where they had the chance to show off their hard work for the past three months. The goal is to show that there is a lot more to being healthy than a week of concentrated focus. When the health issues are demonstrated people can see firsthand how important it is to be healthy, and this is the opportunity the Health and Wellness Initiative provides.

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## Illinois Golf Outing: Great Weather Brings Success at the St. Coletta Golf Classic

This year's annual Illinois Friends Golf Outing was another successful one. The weather was warm with a breeze that kept everyone cool enough to enjoy the festivities. With over 100 plus golfers, the tournament kicked off with lunch and a meet and greet from former Chicago Blackhawk's players. Golfers enjoyed playing best ball which sped up the tournament considerably. There was even an opportunity to win a Jeep for the hole-in-one contest! The night concluded with a buffet style meal where there was awards handed out and a silent auction.

Be sure to mark your calendar for next year's event at the Royal Melbourne Country Club in Long Grove, Illinois on June 17th, 2013.





N4637 County Road Y, Jefferson, WI 53549  
www.stcolettawi.org  
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Jefferson, WI  
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# Donate Today!

Please consider the many ways to give to St. Coletta of Wisconsin



- Give Online- Donate at [www.stcolettawi.org](http://www.stcolettawi.org)
- Annual appeals- Look for one of our four annual appeal letters.
- Special Events- We have several opportunities for sponsorships.

- Appreciated Assets- Stock Gifts, Retirement, Funds and Property are assets that can be bestowed to St. Coletta of Wisconsin
- Estate Planning- Providing for St. Coletta of Wisconsin in your will is an opportunity to create a meaningful legacy that will provide quality services for our future generations.
- Volunteer- Giving one's time is very valuable and always appreciative. We are always in need of volunteers.

Please contact Lori Miller for more information at [lmiller@stcolettawi.org](mailto:lmiller@stcolettawi.org) or call 920-674-8308

[www.stcolettawi.org](http://www.stcolettawi.org)

