

Be *Inspired*

HICKORY PARK | a Senior Lifestyle community | GREENFIELD, WI 53228 | 262-373-9658

THIS MONTH'S *silver star*

LAVERNE NELSON

The Silver Star for March is LaVerne Nelson. LaVerne was born and raised in Milwaukee. She is the ninth of 11 children, four boys and seven girls. She graduated from South Division High School. LaVerne is an auntie 34 times.



LaVerne Nelson, Silver Star for March

After graduation, LaVerne did some clerical work at Perfex and at Allis Chalmers, and went on to work at Allen Bradley for 37 years before retiring. LaVerne said it was a good place to work. She travelled with groups from Allen Bradley. They went to Southern Spain and took a day trip to Africa and Morocco, where she saw a snake charmer. She also was able to dip her feet into the Mediterranean Sea. They also went to the Bahamas, Jamaica, and Hawaii. She did travel the United States, too; New York when she was a child, then later to California, Oregon, Illinois, and Florida. She visited the Grand Hotel where the movie "Somewhere in Time" was filmed in Mackinac on a sisters trip. She would have loved to travel more. LaVerne loves music. She had piano lessons when she was young and took lessons on how to play the accordion. She loved to play the organ and listened to music on her record player. She belonged to some music clubs — at separate times she was the President, Vice President, Secretary and Treasurer. LaVerne also liked to dance. She would go to the Eagles Ballroom and to The Roof! LaVerne's favorite foods are Chicken Cacciatore, and spaghetti and meatballs. One of her favorite items on the menu here is grilled cheese. She doesn't know how they make it but it is made so well, she loves it! We are so glad you are a part of our community!

JOIN US THIS MONTH FOR

crafters paradise

March is National Craft Month. We have some inspiring projects in store for the month including: Paint and punch class, crafter's corner greeting cards, and planning a meditation garden. Martin Luther High School students are planning a project for us, too. March Madness begins soon, so get your brackets filled out. Along with that, we will celebrate St. Patrick's Day on March 19, with a fun evening with the Leahy Band. Stop in and see what it's all about!



March Madness begins



Crafter's Corner Greeting Cards

TRAIN YOUR BRAIN *sudoku solution on back*

6					7	8		5
				9			1	
3	4	1					7	
9			2	7				
8		4						7
				5	6			4
	1					9	4	3
	3			8				
7		9	4					8

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- ACTIVITY ROOM — AR
- BALCONY — BA
- DINING ROOM — DR
- GREAT ROOM — GR
- PARKING LOT — PL
- PRIVATE DINING ROOM — PR
- SECOND FLOOR — 2FL
- WELLNESS CENTER — WC

BIRTHDAYS THIS MONTH

- JUNE KUJATH — 5th
- NOEL PAKULSKI — 27th (Employee)
- RICHARD WILK — 31st

TRANSPORTATION SCHEDULE

- TUESDAY & WEDNESDAY
9 a.m.-3 p.m.
Medical Transports
- THURSDAY
9:30 a.m.-2 p.m.
Weekly Outings

ADDITIONAL SERVICES

- TUESDAY & FRIDAY
8:30 a.m.-3 p.m.
Salon



“Springtime is the land awakening.
The March winds are the morning yawn.”
—Lewis Grizzard



<p>6:00 ● Hour of Power AR 3</p> <p>9:00 ● Catholic TV Mass: Channel 24 AR</p> <p>9:30 ● Communion Service with Paul AR</p> <p>10:30 ● Quarter Bingo AR</p> <p>1:30 ● Sunday Matinee: “Forest Gump” AR</p> <p>6:00 ● Puzzle Pack GR</p>	<p>10:00 ● Sit & Stretch GR 4</p> <p>10:20 ● Weekend Recap GR</p> <p>10:30 ● Brain Busters AR</p> <p>10:30 ● Color with Us! GR</p> <p>1:00 ● Book Club: Stories From Chicken Soup for the Soul GR</p> <p>2:00 ● Coffee Klatch GR</p> <p>2:30 ● Polish Poker with Jim (Pennies) AR</p> <p>3:45 ● Rosary AR</p> <p>5:30 ● Singalong GR</p>	<p>MARDI GRAS 5</p> <p>● FAT TUESDAY</p> <p>9:30 ● Pass the Pom Poms AR</p> <p>10:30 ● Qwirkle Tile Game AR</p> <p>1:00 ● Rummikub AR</p> <p>3:00 ● Quarter Bingo AR</p> <p>5:30 ● Wii Bowling League AR</p>	<p>ASH WEDNESDAY 6</p> <p>● ASH WEDNESDAY</p> <p>10:00 ● Spiro 100 Fitness: Meditation AR</p> <p>10:30 ● Activity Connection: Come with Your Ideas! AR</p> <p>11:00 ● Moving You in the Right Direction with Genesis AR</p> <p>1:30 ● Mexican Train Dominoes AR</p> <p>3:00 ● Dartball League AR</p> <p>6:00 ● Traditional Quarter Bingo with Paul AR</p>	<p>9:30 ● Mitchell Park Domes Trip PL 7</p> <p>12:30 ● Manicures: Schedule with Judy AR</p> <p>1:00 ● Sit and Stretch with Judy AR</p> <p>1:00 ● Dr. Trejo Podiatrist: We Will Notify You of Appt. WC</p> <p>1:30 ● Poker with Mike 2FL</p> <p>2:00 ● Shut the Box (Quarters) AR</p> <p>3:00 ● Cribbage AR</p> <p>6:00 ● Uno with Jim GR</p>	<p>10:00 ● Morning Stretch AR 8</p> <p>10:20 ● News Updates AR</p> <p>10:30 ● Quarter Bingo AR</p> <p>2:00 ● Longest Day Fundraiser \$1 Bags of Fudge DR</p> <p>2:00 ● Happy Hour with Terry Morgenroth DR</p> <p>3:15 ● Roll for It AR</p> <p>5:30 ● Rummy Card Game, Resident-Run AR</p>	<p>10:00 ● Morning Stretch AR 1</p> <p>10:20 ● Front Page News AR</p> <p>10:30 ● Catholic Mass with Father Dennis AR</p> <p>2:00 ● Longest Day Fundraiser \$1 Bags of Fudge DR</p> <p>2:00 ● Joe Kadlac Makes His Debut at Happy Hour DR</p> <p>3:15 ● Golf Card Game AR</p> <p>5:30 ● Rummy Card Game, Resident-Run AR</p>	<p>9:15 ● Morning Stretch GR 2</p> <p>9:45 ● Weekend Updates GR</p> <p>10:15 ● Who’s Got the Bag? GR</p> <p>3:00 ● Quarter Bingo with Paul AR</p> <p>6:00 ● Sudoku Saturday GR</p>
<p>DAYLIGHT SAVING TIME BEGINS 10</p> <p>6:00 ● Hour of Power AR</p> <p>9:00 ● Catholic TV Mass: Channel 24 AR</p> <p>9:30 ● Communion Service with Paul AR</p> <p>10:30 ● Quarter Bingo AR</p> <p>6:00 ● Puzzle Pack GR</p>	<p>10:00 ● Sit & Stretch GR 11</p> <p>10:20 ● In the News! GR</p> <p>10:30 ● Color with Us! GR</p> <p>1:00 ● Book Club: Stories From Chicken Soup for the Soul GR</p> <p>2:00 ● Coffee Klatch GR</p> <p>3:00 ● Yahtzee! With Carol GR</p> <p>3:45 ● Rosary AR</p> <p>5:30 ● Singalong GR</p>	<p>1:00 ● Spite and Malice Card Game AR 12</p> <p>2:00 ● Gym Time with Genesis AR</p> <p>2:30 ● Resident Council AR</p> <p>3:00 ● Quarter Bingo AR</p> <p>5:30 ● Wii Bowling League AR</p> <p>7:00 ● Social with Rocky GR</p>	<p>10:00 ● Food for Thought DR 13</p> <p>10:00 ● Chair Tai Chi AR</p> <p>10:30 ● Let’s Plan a Meditation Garden AR</p> <p>3:00 ● Dartball League AR</p> <p>3:30 ● Farkle Dice Game AR</p> <p>6:00 ● Traditional Quarter Bingo with Paul AR</p>	<p>9:30 ● Shopping Trip to Walmart PL 14</p> <p>1:00 ● Sit and Stretch with Judy AR</p> <p>2:00 ● Farkle Dice Game AR</p> <p>3:00 ● Cribbage AR</p> <p>6:00 ● Quarter Bingo with Mary AR</p>	<p>10:00 ● Morning Stretch AR 15</p> <p>10:20 ● Front Page News AR</p> <p>10:30 ● Catholic Mass with Father Dennis AR</p> <p>2:00 ● Longest Day Fundraiser \$1 Bags of Fudge DR</p> <p>2:00 ● Ed Trudeau Entertains at Happy Hour DR</p> <p>3:15 ● March Madness Brackets: Turn in Your Brackets AR</p> <p>5:30 ● Rummy Card Game, Resident-Run AR</p>	<p>9:15 ● Morning Stretch GR 16</p> <p>9:45 ● Weekend Updates GR</p> <p>10:15 ● Who’s Got the Bag? GR</p> <p>3:00 ● Quarter Bingo with Paul AR</p> <p>6:00 ● Sudoku Saturday GR</p>	
<p>ST. PATRICK’S DAY 17</p> <p>● MARCH MADNESS BEGINS</p> <p>6:00 ● Hour of Power AR</p> <p>9:00 ● Catholic TV Mass: Channel 24 AR</p> <p>9:30 ● Communion Service with Paul AR</p> <p>10:30 ● Quarter Bingo AR</p> <p>1:30 ● Sunday Matinee: “The Quiet Man” AR</p> <p>6:00 ● Puzzle Pack GR</p>	<p>10:00 ● Sit & Stretch GR 18</p> <p>10:20 ● Morning Updates GR</p> <p>10:30 ● Color with Us! GR</p> <p>1:00 ● Book Club: Stories From Chicken Soup for the Soul GR</p> <p>2:00 ● Coffee Klatch GR</p> <p>2:30 ● Polish Poker with Jim (Pennies) AR</p> <p>3:45 ● Rosary AR</p> <p>5:30 ● Singalong GR</p>	<p>10:30 ● Qwirkle Tile Game AR 19</p> <p>2:00 ● Gym Time with Genesis AR</p> <p>3:00 ● Quarter Bingo AR</p> <p>5:30 ● Wii Bowling League AR</p> <p>6:00 ● St. Patrick’s Day Party with the Leahy Band DR</p>	<p>SPRING BEGINS 20</p> <p>10:00 ● Spiro 100 Fitness: Meditation AR</p> <p>1:30 ● Town Hall Meeting AR</p> <p>3:00 ● Dartball League AR</p> <p>3:30 ● Mexican Train Dominoes AR</p> <p>3:30 ● Dinner and Bingo at the Polish Center PL</p> <p>6:00 ● Traditional Quarter Bingo with Paul AR</p>	<p>11:00 ● Luncheon at Old Country Buffet PL 21</p> <p>1:00 ● Sit and Stretch with Judy AR</p> <p>1:30 ● Poker with Mike 2FL</p> <p>2:00 ● Paint & Punch AR</p> <p>6:00 ● Uno with Jim GR</p>	<p>10:00 ● Morning Stretch AR 22</p> <p>10:20 ● News Updates AR</p> <p>10:30 ● Quarter Bingo AR</p> <p>2:00 ● Longest Day Fundraiser \$1 Bags of Fudge DR</p> <p>2:00 ● The Four Seniors Will Perform for Happy Hour DR</p> <p>3:15 ● Roll for It AR</p> <p>5:30 ● Rummy Card Game, Resident-Run AR</p>	<p>9:15 ● Morning Stretch GR 23</p> <p>9:45 ● Weekend Updates GR</p> <p>10:00 ● Quarter Bridge O AR</p> <p>1:00 ● Learn Service Project AR</p> <p>3:00 ● Quarter Bingo and Brownies AR</p> <p>6:00 ● Sudoku Saturday GR</p>	
<p>6:00 ● Hour of Power AR 24</p> <p>9:00 ● Catholic TV Mass: Channel 24 AR</p> <p>9:30 ● Communion Service with Paul AR</p> <p>10:30 ● Quarter Bingo AR</p> <p>1:30 ● Farkle Dice Game AR</p> <p>6:00 ● Puzzle Pack GR</p>	<p>10:00 ● Sit & Stretch GR 25</p> <p>10:20 ● In the News! GR</p> <p>10:30 ● Color with Us! GR</p> <p>1:00 ● Book Club: Stories From Chicken Soup for the Soul GR</p> <p>2:00 ● Coffee Klatch GR</p> <p>3:00 ● Yahtzee! With Carol GR</p> <p>3:45 ● Rosary AR</p> <p>5:30 ● Singalong GR</p>	<p>10:30 ● Show and Craft: Show Us Your Favorite/ Make a Craft AR 26</p> <p>1:00 ● Spite and Malice Card Game AR</p> <p>2:00 ● Gym Time with Genesis AR</p> <p>3:00 ● Quarter Bingo AR</p> <p>5:30 ● Wii Bowling League AR</p>	<p>10:00 ● Chair Tai Chi AR 27</p> <p>10:30 ● 12 Women of the Bible Series #3 AR</p> <p>1:30 ● Mexican Train Dominoes AR</p> <p>3:00 ● Dartball League AR</p> <p>6:00 ● Traditional Quarter Bingo with Paul AR</p>	<p>● BREWERS HOME OPENER 28</p> <p>9:45 ● Trip to the 84th Street Mall PL</p> <p>11:30 ● Brewers Tailgate Lunch DR</p> <p>1:00 ● Sit and Stretch with Judy AR</p> <p>1:00 ● Brewers Home Opener Game AR</p> <p>2:00 ● Farkle Dice Game AR</p> <p>3:00 ● Cribbage AR</p> <p>6:00 ● LCR Dice with Mary AR</p>	<p>10:00 ● Morning Stretch AR 29</p> <p>10:30 ● Quarter Bingo AR</p> <p>2:00 ● Longest Day Fundraiser \$1 Bags of Fudge DR</p> <p>2:00 ● Joe Lucchesi Entertains Us at Happy Hour DR</p> <p>3:15 ● Golf Card Game AR</p> <p>5:30 ● Rummy Card Game, Resident-Run AR</p>	<p>9:15 ● Morning Stretch GR 30</p> <p>9:45 ● Weekend Updates GR</p> <p>10:15 ● Who’s Got the Bag? GR</p> <p>1:00 ● Martin Luther High School Project AR</p> <p>6:00 ● Sudoku Saturday GR</p>	
<p>6:00 ● Hour of Power AR 31</p> <p>9:00 ● Catholic TV Mass: Channel 24 AR</p> <p>9:30 ● Communion Service with Paul AR</p> <p>10:30 ● Quarter Bingo AR</p> <p>1:30 ● Sunday Matinee: “Elsa and Fred” AR</p> <p>6:00 ● Puzzle Pack GR</p>							

IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

HEALTHY AND WELL

What does it mean to be healthy and well? By definition, it means to be actively aware of your health and making choices toward living a healthy and fulfilling life free from disease. Your overall health and wellness is a very important part of your life. It is extremely important to us that you have the opportunity to make good choices while living at Hickory Park. For this reason, we have many different areas that can help you maintain a healthy lifestyle from the menu selection at meal times in the Dining Room, to all of the wonderful programming available on a daily basis. Genesis Rehab Services offers a Health and Wellness Program for anyone interested in maintaining optimal health. The most important factor to being healthy is you! It is all about the choices you make for yourself by being actively involved in your overall wellness.

THIS MONTH'S *heart hero*

HOSPITALITY,
EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

To be nominated as a HEART Hero, an Associate must demonstrate the five qualities HEART stands for: Hospitality, Excellence, Appreciation, Respect, and Teamwork. With those qualities in mind, SCOTT DE CAIRE was chosen to be our HEART Hero for March. Scott is the Director of Dining Services and has been here for 4 months. Scott was born and raised in Milwaukee. He graduated from Milwaukee High School of the Arts. His first job out of high school

was a cashier at Pick N Save. He also worked for a pharmaceutical warehouse, went to Job Corps, received his certification as a CNA, and then started his career in food service. First, he waited and bussed tables, then started out as a baker and was promoted to cook. He and his wife have been married for eight years. Scott likes to paint portraits and draw. He follows sports and likes to watch the Milwaukee Brewers. Scott likes the people he works with — everyone is nice and down-to-earth. Scott's favorite food would be anything Italian. His favorite restaurant is the Open Flame — they have terrific barbecue. We appreciate all you do to keep our Dining Services running smoothly!



Scott De Caire, HEART Hero for March

EVENT RECAP *reflect*

January was a time to reflect at the Burning Bowl Ceremony. Although we had frigid temperatures, we were able to forgive and release everything from our pasts that we didn't want to carry into this New Year. January was our fifth annual Soup Cook-Off. We were so pleased to have a great turnout during the polar vortex. What better way to warm up than with a bowl of soup?



Soup Cook-Off Winners 2019

MANAGEMENT TEAM

Noel Pakulski, *Executive Director*
Judy Austin, *Director of Resident Programs*
Deb Mertens, *Business Office Manager*
Scott De Caire, *Dining Services Director*
Rebecca Ramirez, *Health and Wellness Director*
Mike Radtke, *Director of Maintenance*

TRAIN YOUR BRAIN *solution*

6	9	2	1	4	7	8	3	5
5	8	7	6	9	3	4	1	2
3	4	1	5	2	8	6	7	9
9	5	6	2	7	4	3	8	1
8	2	4	3	1	9	5	6	7
1	7	3	8	5	6	2	9	4
2	1	8	7	6	5	9	4	3
4	3	5	9	8	1	7	2	6
7	6	9	4	3	2	1	5	8



SENIOR
LIFESTYLE

your life, your style



PET
FRIENDLY