



# The Geneva Lake News

MANOR

JANUARY  
2020

Skilled Nursing • Respite Care • Rehabilitation Services

## Happy Birthday!

### Residents

1/2	Thomas G.
1/15	Peggy R..
1/29	Bob L.

### Staff

1/2	Marisol S.
1/4	Julia C.
1/6	Arely R.
1/6	Nicole W.
1/16	Amy M.
1/20	Anabela P.
1/2	Lacy C.
1/28	Karina R.
1/28	Abigail S.



## January Employee of the Month is June L., RN

Before working with us, the most interesting job she had was working in a long-term hospital as a wound nurse. She got to see all kinds of wounds. The most exciting was a chest cavity wound where you could see the heart beating under a thin layer of skin that was left. She said what drew her to GLM was the great reputation. She had known about us since 1995 but every time she was looking for work, we weren't hiring. If she could switch jobs with anyone here it would be with Sam in maintenance because she likes working on things and repairing them. So far she considers her greatest accomplishment at GLM to be getting to learn who everyone is and their names. When asked where she sees herself in 10 years she said, "Retired."

June has four children, three step-children and 10 grandchildren. She says that family means a lot to her. She loves swimming, boating, fishing and just walking the beach.

## Geneva Lake

MANOR

211 South Curtis Street  
Lake Geneva, WI 53147  
262.248.3145  
Lacy Calkins, Interim Administrator

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As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



**WISCONSIN  
ILLINOIS**  
SENIOR HOUSING INC.

[GenevaLakeManor.org](http://GenevaLakeManor.org)

WE ACCEPT CREDIT CARDS



*Many thanks to all who donated unwrapped toys for the Walworth County Holiday Care Program!*

**DONATE SAFELY AND EASILY ONLINE:**

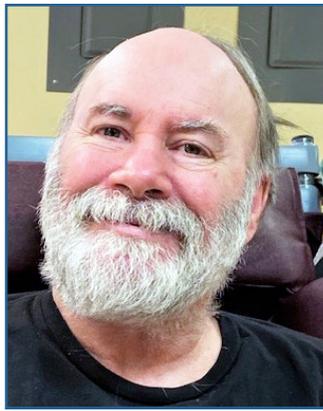
[GenevaLakeManor.org/Donate](http://GenevaLakeManor.org/Donate)



## Happy Birthday!

### Staff Anniversaries

1 Year	Marisol S.
1 Year	Stacey G
2 Years	Mallorie O.
2 Years	April S.
2 Years	Angelique W.
3 Years	Kylee R.
4 Years	Hermelinda V.
6 Years	Timothy N.
9 Years	Jolene S.



## January Resident of the Month: Thomas G.

Thomas was born on January 2, 1954 and he grew up in Illinois. He enjoyed his childhood with his mom, dad, three brothers and three sisters. He was an assembler at Danly Machine Corporation in Cicero, Illinois for a time. He was married for 15 years, has three children, and one grandchild.

Some interesting facts about Thomas are that his favorite book is Call of the Wild, he really enjoys sci-fi movies, his favorite holiday is Christmas, and his favorite color is blue. His favorite place to be is on the water and, although he's never had the chance, he would love to try kayaking. He used to like to do gymnastics.

## Upcoming Outings

1/9 – Dollar Thrift

1/16 – Library

1/23 – Mod Pizza

1/30 – Walmart

## Geneva Lake Staff

Lacy Calkins

*Interim Administrator*

Mallorie Olson

*Director of Nursing*

Alisa Palmer

*Assistant Director of Nursing*

Stacy Bulow

*Social Services*

**Taylor Dean**

*Admissions/Marketing*

Diane Morrison

*Medical Records*

Jacqueline Stoll

*Business Office:*

*Accounts Receivable*

Teri Russo

*AP/Payroll/HR*

Deborah Bolster

*Dietary Manager*

Nicole Weber

*Activity Director*

Nancy F.

*Director of Rehab*

Barb Apuzzo

*Housekeeping Supervisor*

Samuel Kerr

*Maintenance Director*

## Reduce Stress with More Vitamin C

It's all too easy to feel that you need to reach for the medicine cupboard when stress causes headaches and fatigue. Research shows that vitamin C is a healthy alternative to combat stress and may also have latent benefits such as preventing colds.

Vitamin C may reduce both the physical and the psychological effects suffered by people when stress attacks. Those who consume vitamin C regularly may not exhibit the symptoms of mental stress so easily when subjected to challenges each day. Additionally, those people find

themselves able to recover from stressful encounters much more quickly than people whom consume very little vitamin C.

How can you be sure you're getting daily vitamin C? Try adding these foods to your diet:

- Uncooked vegetables such as broccoli, sprouts, tomatoes, parsley, and spinach
- Fresh fruits such as strawberries, bananas, and apples
- Red and green peppers

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