

Discover Wisconsin

By Stephanie Kucher, Marketing Coordinator

This month we take a closer look at our beloved state as we Discover Wisconsin. Yes, we lead the nation in exporting cranberries, whey, ginseng root, and sweet corn and our dairy is second to none. What really makes Wisconsin worth discovering, though, is our people. Our state is home to many diverse cultures – in true Wisconsin fashion, we celebrate our diversity with an array of festivals!

Festa Italiana, which occurred prior to publication, was Milwaukee's first ethnic festival, celebrating the past, present, and future of the Italian community, which predominately settled in the Third Ward.

Visitors who stopped by the Heritage Exhibit, sponsored by Capri, viewed historic photos of their families and found out more about our **St. Rita** project.

Indian Summer is September 7th-9th this year at the Henry Maier Festival Park. It's the largest festival of its kind, serving to educate, preserve, and promote American Indian cultures. This year's Festival theme is Teachings from the Turtle's Back. According to the Festival's website, "Many native peoples... used or still use the turtle's back as a calendar. In looking closely, the pattern of thirteen individual segments represent the lunar months and

cycle of seasons."

Oktoberfest USA celebrates their 58th year this September 27th-30th in LaCrosse. With Wisconsin's large population of German Americans (one of the largest in the nation), it's no wonder this is one of the state's most popular festivals.

Wisconsin's favorite festivals also include Black Arts Fest MKE, celebrating Milwaukee's African and African-American cultures; Irish Fest; Mexican Fiesta; Hmong Sports, Music and Arts Festival among many others. Go forth, discover Wisconsin, and fest!

Walk-sconsin!

By Meghan Davis, Director of Lifestyle Enrichment

The Walk to End Alzheimer's season is quickly approaching. Walks are coordinated by the Alzheimer's Association and are held in counties throughout Southeastern Wisconsin in September and October. The Alzheimer's Association is special to us because it provides much-needed support to those with Alzheimer's disease or other dementias and their families.

Capri Communities has a long-term relationship with the Southeastern Wisconsin Alzheimer's Association. Each year, residents, staff, and families from our communities participate. All funds raised through the Walk, the world's largest event to fight Alzheimer's, furthers the care, support, and research efforts of the Association. "The Walk to End Alzheimer's is very personal to me," shared Glen Choban, former co-chair of Waukesha's Walk. "Both of my parents as well as my father-in-law were touched by this terrible disease. Alzheimer's robs an individual from memories of family and friends. The number of people afflicted by Alzheimer's continues to grow, and that is why it's so important to continue raising funds and awareness. Together we can walk toward a time when this disease is eliminated."

We'd love it if you joined us in the fight against Alzheimer's! You can donate to or join your communities' team today. Visit goo.gl/rmq5R3 to see a listing of our teams and locations.



Lessons from



Stretch to improve energy and uplift mood! If you are experiencing low energy or perhaps even feeling a bit down, a good stretch can help your body and mind. "Stretching releases dopamine which helps you to feel happier and more positive," says Dr. Simon Floreani, Ambassador for Allied Health and Prevention.

Here are a couple stretches you can try. Try to hold each stretch for five seconds and repeat each stretch five times. Remember to breathe!

While lying on your back:

- Bring your right knee to your

chest and hug for five seconds. Repeat on the left side.

- Extend your legs and point toes; visualized a string pulling your legs/toes to the foot of the bed.

While seated in a chair:

- Slowly and with full range, roll your shoulders backwards and forwards 10 times each.
- Bring arms up over head, reach for the ceiling, keeping arms stretched bend slowly from the waist to the left as far as you can and then to the right, 5-10 times each side.
- While looking straight ahead, slowly tip your left ear to the left shoulder and then right.

Laugh Out Loud

Do you want to hear a joke about Wisconsin?
Never mind, it's too cheesy!

What's New At Capri?

Wedding Bells are Ringing!

Hyland Park residents **Ken and Connie D.** (pictured top right) recently celebrated their 76th wedding anniversary. They were married on July 11th, 1942, in the state of New York and have two sons. **Marlin and Linda H. of Summit Woods**

(pictured bottom right) are celebrating 50 years of marriage on August 24th. Marlin had to drive some family down to Florida and Linda went along for the ride. By the time they got back they were dating and the rest is history! Happy anniversary!



It's a Party at Capri Communities

Harbor Campus is hosting its annual family picnic, a Hee Haw Family Picnic and Variety Show, on August 5th.

Residents, staff, and family members are encouraged to sign up and show off their talents. Three Oaks Circle is turning 15 this year! They are celebrating with loved ones and neighbors with a get-together on August 18th. A teaser for next month, Engel Haus will be double-digits: they are celebrating their 10 year anniversary on September 6th with food, fun, friends, and family. We hope everyone has a wonderful time celebrating!

This month in

Celebration

National Ice Cream Sandwich Day

Thursday, August 2

National Purple Heart Day

Tuesday, August 7

National Senior Citizens Day

Tuesday, August 21

Woman's Equality Day

Sunday, August 26

Cranium Crunches

Analogies. Determine the relationship between the first to italicized words. Then find the word with a similar relationship to complete the second pair of words.

1. *August* is to *summer* as *January* is to _____.
2. *Eyes* are to *see* as *ears* are to _____.
3. *Tragedy* is to *cry* as *comedy* is to _____.
4. *Cake* is to *dessert* as *mozzarella sticks* are to _____.
5. *Sister* is to *sibling* as *father* is to _____.
6. *Mustard* is to *condiment* as *saffron* is to _____.
7. *Velvet* is to *soft* as *emory board* is to _____.
8. *Whole wheat* is to *bread* as *spaghetti* is to _____.
9. *Penny* is to *circle* as *Scrabble tile* is to _____.
10. *Lungs* are to *two* as *months* are to _____.
11. *Catcher* is to *baseball* as *quarterback* is to _____.

1. winter 2. hear 3. laugh 4. appetizer 5. parent 6. spice 7. rough 8. pasta 9. square 10. twelve 11. football

Community Corner

at Harbor Campus

Hee Haw, Y'all. Remember, our Hee Haw Picnic & Variety Show is coming up on Sunday, August 5th from 1:30-4:00 pm! Family fun for everyone!

Back to School. Help local children as they prepare to go back to school! New school supply can be donated in the box by the Harbor Club reception desk. Talk with your Lifestyle Enrichment staff if you have any questions.

Pardon our Dust. We appreciate all of your patience as we move along with construction updates. If you have any questions, comments, or concerns, please see a member of the Harbor Campus staff. Thank you!

Apple Cranberry Salad

Ingredients

- 2 cups diced yellow or green apples
- 2 cups diced red apples
- 1/2 cup dried cranberries
- 2 tbsp. apple juice
- 8 oz. Greek vanilla yogurt
- 1/4 tsp. apple pie spice



- 1/4 cup chopped toasted pecans
- 1/4 cup unsweetened shredded coconut

Directions

Combine all ingredients in a medium bowl. Cover and chill until ready to serve.