

Spread Holiday Cheer for All to Hear

By Meghan Davis, Director of Lifestyle Enrichment

We're spreading holiday cheer this month by featuring a poem written by the Writer's Club at **The Landmark of West Allis**. They have been exploring different styles of poetry, including haiku, cinquain, and acrostic (the style of the poem below). Happy Holidays from the Writer's Club and Capri Senior Communities!

Happy children running about
Outside lights twinkling in the night
Laughing with family and friends
Inquiries of hidden gift surprises
Delicious baked confections tantalizing our palates
Angles bringing glad tidings
Yuletide voices caroling the joyful message!



Holiday cheer spanning the years! Photos, clockwise, from Polonaise at Wilson Commons, Village Pointe Commons, and The Landmark.



Strides Towards a Dementia-Friendly Whitewater

By Meghan Davis, Director of Lifestyle Enrichment

Whitewater is taking big steps in becoming a dementia-friendly community. In 2017, the Whitewater Community Foundation presented Seniors in the Park with a Community Action Grant of \$1,000 to start the initiative. "Being knowledgeable about dementia is so important, especially as the Whitewater population ages," said Jenny Spohn, Assistant Executive Director at Mulberry Campus and a member of Whitewater's dementia-friendly initiative. "Part of our job is educating local businesses about dementia, how to recognize when a person has dementia, and how their employees can be dementia-friendly."

Mulberry Campus staff have been integral in the development of a respite program through the Whitewater Dementia Friendly Initiative for the past year. The program provides an opportunity for adults who have dementia to enjoy a day away from home and allows a caregiver to run errands, attend to personal matters, or just have time to relax and refresh. The group recently celebrated their first session. The Rockin' Respite program will continue to meet twice each month. Mulberry Campus provides delicious, home-made lunch for the participants.



Lessons from



The holidays are upon us with many opportunities for socializing and doing things outside our normal routines. It can be challenging to find enough energy to complete everything that we want to in a day. Energy conservation techniques are beneficial if you find that fatigue is preventing you from doing what you like to do. The following tips can help you perform your daily activities more efficiently, allowing you to do more with less effort and without shortness of breath.

- Rearrange your kitchen space by keeping frequently used items in easily-accessible places so you can avoid bending and reaching.
- Sit rather than stand whenever possible while performing daily duties.
- Use good posture to prevent fatigue; sit or stand tall with shoulders relaxed.
- Schedule enough time for activities as rushing requires more energy. Take rest breaks.
- Know your limits and delegate tasks to friends or family members who offer to help.

Laugh Out Loud

A weasel walks into a bar. The bartender says, "Wow, I've never served a weasel before. What can I get you?"

"Pop," goes the weasel.

What's New At Capri?

Save the Date!

The Gables of Germantown Holiday Craft Fair and Bake Sale is Saturday, December 1st from 10am until 2pm. The Northgate Holiday Gift Market is also on December 1st from 9am until 2pm. Stop by to start (or finish) your holiday shopping!



Spreading Cheer in Kenosha

The St. Catherine Commons Angels (pictured below, left) are at it again! Residents at Palazzo del Maré have been busy knitting lap blankets for the Casa del Maré memory support residents. The St. Catherine Commons Choral Group will perform holiday concerts at Casa this month as well.

A Special Way to Show Gratitude

Hyland Campus found a great way to repurpose some special bricks on campus (pictured right). Some bricks were removed when a flag pole was installed last November. These bricks were personalized and hand-

painted by Hyland Park resident Gene for each of the community's veterans and were presented at a Veterans Day ceremony.



This month in

Celebration

Hanukkah

Sunday, December 2nd to
Monday, December 10th

Christmas

Tuesday, December 25th

Kwanzaa

Wednesday, December 26th to
Tuesday, January 1st

New Year's Eve

Monday, December 31st

Resident Spotlight

Meet Jody T., Harbor Campus

Jody was born, raised, and spent most of her life in Decatur, Illinois, until her move to Port Washington about three years ago. She and her husband John moved into Harbor Campus to be closer to their children. Jody lost John to Alzheimer's disease and misses him dearly. They had been married for 52 years. "Those years were filled with joy and love," said Jody. "I feel blessed to have had so many years of marital bliss." Their daughter Jill lives in Saukville while their son Jerry lives in San Diego.

Jody has a wealth of interests and many talents to boot! She is an award-winning quilter of hand pieced and quilted work, an experienced counted cross stitcher, ceramic maker, crochet guru, and knitting extraordinaire! Check out some of her talented work in the photos in this article.



"I am a devout Christian with a true and loyal love for the Lord," she said. "I truly enjoy sharing my love for the Lord with others."

Thank you so much for sharing your story (and your talents), Jody!



Community Corner at Harbor Campus

'Tis the Season. Our elves are getting everything ready for our upcoming holiday parties! Harbor Village and Manor will host their holiday party on December 12th at 12:15pm; Harbor Cove celebrates theirs on December 13th at 12:30pm; and Harbor Club hosts their party on December 20th at 10:30am.

New Look. New construction is coming along. The new suites are three are occupied. The other community spaces are nearing completion.

Toy Drive. Bring new, unwrapped toys or a monetary donation to the office by Monday, December 10th to help underprivileged children this holiday season.

Eggnog Dip

Ingredients

1 (3.4oz) package instant vanilla pudding mix

1 cup eggnog

1 (8oz) container whipped topping

Pinch ground nutmeg

Graham crackers or ginger snaps for serving

Directions

Combine pudding mix and eggnog in a medium bowl. Fold in whipped topping and nutmeg. Cover and chill until thick. Serve with graham crackers or ginger snaps.

