

THE SENTINEL

JANUARY 2019

New Year, New Mission, New Values

By Meghan Davis, Director of Lifestyle Enrichment

We've been working on updating our mission statement and values using input from residents, employees, and community partners to make them more relevant to our daily work. We're excited to finally unveil them!

Our new mission, *enriching the lives of our residents through service and commitment to family and community*, is demonstrated through our actions and interactions with those we work with, care for, and partner with in our local communities.

Our values guide us in fulfilling our mission. To help us remember our values, we use the acronym CARES:
Committed to the resident experience
Attentive to individual needs
Respectful to all
Engaged in our local community
Serve with integrity

Members of our executive team, including James Tarantino, Kristin Ferge, and Wayne Wiertzema (pictured below)

embody our servant leadership mentality and help to see it carried through to all



communities. "I hear firsthand the importance our employees make to our residents," said James. "We have a very talented group of employees, in so many different areas, and they all embody what Capri Communities is. We are a group of people that are connected and bound by a shared sense of mission and shared sense of volunteering."

Activity Professionals Brighten Each Day

By Deborah Smith, Lifestyle Enrichment Specialist at Village Pointe Commons, Member of the Milwaukee Area Activity Professionals, Wisconsin Representative of Activity Professionals, MAAP Representative

With the fast pace of today's world, it's easy to forget the value of a few simple words. Often, we're too busy to take a break, turn to the person next to us, and thank them for their hard work. A huge thank you to all of the Lifestyle Enrichment staff members here at Capri! Their commitment to excellence and the integrity of their programs continue to enrich the lives of all of our residents every day. Happy Activity Professionals Week, January 20-26, 2019!



Our Mission

Enriching the lives of our residents through service and commitment to family and community.

Our Values

We are...

Committed to the resident experience

Attentive to individual needs

Respectful to all

Engaged in our local community

Serve with integrity

Lessons from *Lessila Therapy*

Having a good night's sleep is very important to your health. Below are some tips from the Sleep Foundation.

- Try to stick to a routine sleep schedule
- If you have trouble sleeping, avoid naps during the day
- Develop a relaxing bedtime ritual. Avoid bright lights and activities that can cause excitement, stress, or anxiety. Perhaps perform gentle stretches or read a book.
- Exercise daily. Even light exercise will help you sleep more sound.
- Keep your room cool – between 60-67 degrees.
- Consider using a fan or white noise machine to help reduce hearing noise or distractions.
- Avoid caffeine and alcohol at least four hours before going to sleep.

Laugh Out Loud

A cruise ship passes by a remote island, and all the passengers see a bearded man running around and waving his arms wildly. "Captain," one passenger asks, "who is that man over there?" "I have no idea," the captain says, "but he goes nuts every year when we pass him."

What's New At Capri?

Centenarian Club

Mätterhaus resident Florence "Flo" P. (pictured below) celebrates her 100th birthday on January 24th. When asked what her secret is to a long life, Flo



replied, "Always work hard, thank your folks, be ambitious, and always do your best!" Growing up, Flo lived a simple life, helping her family with canning, cooking, and cleaning. She

plans on celebrating her birthday with her family and friends. We hope you have a fantastic birthday, Flo!

Honoring Former President Bush

Jerry F. (pictured right, courtesy of Ed) and Ed G. from Village Pointe Commons performed a small service and lowered the flag honoring the late President George H.W. Bush.



Hyland Campus Small-Screen Debut

Residents and family members of Hyland Campus were filmed this past November and December for a commercial about Hyland Park and Hyland Crossings. We are so thankful these residents and families were willing to take time out of their day to help us with this endeavor. If you're in the Sun Prairie area, look out for some familiar faces on ABC27 and its affiliated channels!

Resident Spotlight

Meet Tom & Karen M., Harbor Village

Tom and Karen were both born and raised in Milwaukee. They both attended Rufus King High School together, although they didn't meet each other until after graduation at a dance. "I approached Karen and asked her to dance, but she said, 'I can't dance!'" said Tom. "I said, 'Come with me and I'll teach you.'" This was the beginning of our 54 year love affair and marriage!"

According to Karen, Tom had all the characteristics that a woman could want in a man, and he was intelligent to boot! They both pursued their education and careers in Florida where Karen became an airline stewardess and Tom worked at Ford manufacturing. He later worked for Procter & Gamble.

"We had four children over the years," said Karen. "I truly just wanted to be a mother and grandmother, but I had a very interesting and



successful career path." She purchased a waffle cone franchise, bringing it to Wisconsin. In 1982, she introduced the waffle cone to Wisconsin, sharing her delicious treats at the Milwaukee County Zoo and lake front festivals. With hard work, dedication, and entrepreneurship, she became the only woman contender (in a group of 22) to be considered for a restaurant/concession stand at Bradford Beach in Milwaukee. After a tight running, she was awarded that opportunity and Milwaukeeans were able to enjoy her refreshing waffle cone treats on hot beach days.

One thing both Tom and Karen wanted for their children was to give them a taste of the world as they were growing up. On school breaks, they were fortunate enough to travel as a family to China, Scandinavia, Germany, and England, to name a few. They moved into our community a mere few weeks ago and we are so lucky to have them join our Harbor Campus family!

Herbed and Marinated Cheese Snack

Ingredients

1 lb. mozzarella cheese, cut into 1-inch chunks

1/2 cup sun-dried tomatoes in oil, drained

2 tsp. fresh thyme

2 garlic cloves, minced

1 1/4 cups olive oil

2 tbsp. minced fresh rosemary

2 tsp. Italian seasoning

1/4 tsp. crushed red pepper

Crackers or bread for serving



Directions

Place all ingredients in a large bowl. Toss to combine. Cover and chill overnight or longer. Serve with crackers or bread.

Makes 8-10 servings.

Community Corner *at Harbor Campus*

Campus Updates. The Spectrum project is complete – the quality and selection are a welcome change for our viewing pleasure! The completed construction is opening up some really nice, new spaces for us to provide cozy programming, televised programs, and our creative and artistic display.

Gallery Night. We will host a Gallery Night in February so we can share our artistic talents with the Port Washington community and beyond. Stay tuned for details.