

Make the Most of Your Wisconsin Summer

By Stephanie Kucher, Marketing Coordinator

Wisconsin winters are tough, but every Wisconsinite receives a reward for putting up with below-zero temperatures and snowstorms in May: a beautiful, refreshing summer. Cities across the state put on large and small events to help us take full advantage of our summer months.

If you live in the Milwaukee area, you can gather some friends together and reserve a seat on a docent-led trolley tour to learn about Milwaukee's new downtown sculptures. Or visit Harbor House, near the Milwaukee Art Museum, on Sunday and Monday nights for free live music.

The Bandshell in Pennoyer Park (which should be familiar to residents of St. Catherine Commons in Kenosha who live right across the street) hosts a free Kenosha Pops Concert every Wednesday. Kenosha's Civil War Museum hosts a free summer lecture series on varying, interesting topics.

Madison-area Wisconsinites have a plethora of outdoor events to enjoy including Concerts on the Square, farmer's markets, and patio concerts. The Olbrich Botanical Gardens is a favorite for Hyland Campus residents.

Carpool to events with your friends, share with your loved ones and make it a family outing, or suggest a trip to your Lifestyle Enrichment team! At the very least, make sure you get some fresh air on your community patio and make it a point this summer to enjoy the nice weather (with sun protection and water, of course)! If you'd like to learn more about the events listed in this article, please check out our blog on our website.

Stay tuned for next month's newsletter for more Wisconsin fun: August's GROW theme is *Discover Wisconsin*.

Capri Vets are Flying High

By Meghan Davis, Director of Lifestyle Enrichment

Last month, at Crites Field at the Waukesha County Airport, WWII, Vietnam War, Korean War, and Cold War veterans from Capri Communities took off on flights in a 1940s Boeing-Stearman, the airplane used to train military aviators in the late 30s and 40s, courtesy of the Ageless Aviation Dreams Foundation (AADF). AADF is a nonprofit organization founded by Darryl Fisher to honor U.S. military veterans living in long-term care communities.



"I think it was neat," U.S. Navy veteran John T. said of the experience from the open-air cockpit. "With jets, you're way up high, you can't see hardly anything. With a biplane, you're down low enough to see what's going on."

Next year, our veterans will be able to fly in the *Spirit of Wisconsin*, a WWII era plane that was sponsored by Capri Senior Communities. The *Spirit of Wisconsin* will serve veterans receiving flights from AADF in the Midwest.



Lessons from



Low Back Pain. 80-85% of the adult population in the U.S. experience low back pain in their lifetime. Herniated disc, spinal joint stiffness, muscle strain or spasm, degenerative joint disease, and spinal fractures (trauma) are just a fraction of causes.

Typical symptoms are low back and buttocks pain, achiness, numbness, muscle spasm or cramping, stiffness, and difficulty sleeping.

If you are experiencing back pain, it is important to speak to your health care provider so they can determine the cause

and decide the best way to treat this pain. Some examples of treatment options, per your physician's recommendation, include Physical and/ or Occupational Therapy, medications, injections, yoga/Tai Chi, and, in severe cases, surgery.

To prevent future back strain or injury, try to keep as active as possible, do not sit for prolonged periods of time, maintain an upright posture with tummy tight whenever possible, and keep your chin and chest up when walking. Try not to lean on your walker if you use one.

Laugh Out Loud

A man came by my house today asking for donations for the new town swimming pool; I gave him a glass of water.

What's New At Capri?

Cultural Arts at Ozaukee County Fair Harbor Campus resident artists Viola M., Claudia C., and Marsha U. will be submitting artwork to the Ozaukee County Fair in the Open Class Cultural Arts Senior Division. Stop by the Fair, open August 1st through the 5th, to find their artwork!

Commit to Memory

Capri Senior Communities is sponsoring the Alzheimer's Association's Commit to Memory event on Wednesday, August 1st. This event, emceed by Alzheimer's Champion Bonnie Blair, will feature artwork from the Memories in the Making program, Amazing Grace Gospel

Choir performance featuring those with dementia and their caregivers, a presentation by Dr. Michelle Braun and Dr. Piero Antuono, and more. Tickets are \$75 each and include an epicurean menu from Chef Jack catering. If you are interested in attending, please contact Amanda at agabert@alz.org.

Summit Woods Family Picnic

A big congratulations to **Summit Woods** on their successful family picnic (pictured at right). They raised over \$125 for Special Olympics. Thank you to residents, families, the Summit Woods team, and our volunteers for making it a great day!



This month in

Celebration

Canada Day

Sunday, July 1

Independence Day

Wednesday, July 4

National Sugar Cookie Day

Monday, July 9

National Gorgeous Grandma Day

Monday, July 23

International Day of Friendship

Monday, July 30

Cranium Crunches

Pass it on. After answering each clue, use the last letter of the answer for the first letter of the next answer.

1. July's season summer
2. Puzzling question _____
3. Moray, for one _____
4. Makeup item _____
5. Hummer's instrument _____
6. Egg dish _____
7. Goes well with gin _____
8. Decorative handwriting _____
9. Knitting need _____
10. Person, place, or thing _____
11. Carved tally mark _____
12. Biker's headgear _____

1. summer 2. riddle 3. eel 4. hipstick 5. kazoo 6. omelet 7. tonic 8. calligraphy 9. yarn 10. noun 11. notch 12. helmet

Community Corner

at Harbor Campus

Walk to End Alzheimer's. The summer months are when we really start to see increased excitement for the Walk to End Alzheimer's. All funds raised through The Walk furthers the care, support, and research efforts of the Alzheimer's Association. We'd love it if you joined Team Harbor Campus or shared information with your loved ones. Connect with your Lifestyle Enrichment staff to learn more!

Ozaukee County Fair. Make sure you stop by the Ozaukee County Fair, running August 1-5, to support fellow residents Viola, Claudia, and Marsha. They are submitting artwork to the Open Class Cultural Arts Senior Division.

Feta Tomato Dip

Ingredients

- 1/3 cup olive oil
- 3 Roma tomatoes, seeded & diced
- 4 green onions, sliced
- 8 oz. feta cheese, crumbled
- 2 tbsp. Greek seasoning
- 1 fresh baguette, sliced

Directions

Drizzle the olive oil on a serving platter. Sprinkle tomatoes, green onions, and feta in an even layer over the olive oil. Sprinkle with Greek seasoning. Using a spoon, gently combine the ingredients. Serve with baguette slices.

