

Happy Apple Harvest

By Stephanie Kucher, Marketing Coordinator

Is there any other dish that makes us feel more autumnal than apple crisp? Ok, well maybe pumpkin spice lattes but we'll leave those for the baristas.

The first known printed recipe for apple crisp was found in 1924's *Everybody's Cookbook: A Comprehensive Manual of Home Cookery* by Isabel Ely Lord. It also made an appearance in the *Appleton Post Crescent*, a newspaper in Appleton, Wisconsin, the same year.

Apple crisp's very close cousin apple crumble, popular in Britain, originated

during World War II. Strict rations made ingredients in apple pie, namely larger amounts of flour, sugar, and fat, hard to come by. A simple mixture of flour, margarine, and sugar was used instead.

Other variations include Apple Brown Betty, made with alternating layers of apple and sweetened buttered crackers, Eve's



pudding, which is essentially a sponge cake baked on top of apples, and apple cobbler.

Our very own Harbor Campus takes its turn with autumn recipes and more in their Harbor Harvest Recipe book. We may even feature some of their recipes in our newsletter!

If you have a much-loved fall recipe, submit it to your Lifestyle Enrichment team and it also could be featured in our newsletter.

Celebrating Good Times

By Meghan Davis, Director of Lifestyle Enrichment

Our communities never pass up an opportunity to have a little party. Thanks to our wonderful residents, amazing teams, and great families, we always seem to have a great time!

Engel Haus at The Gables of Germantown had their very own biergarten with delicious food and great live music for their 10th Anniversary (pictures right).

Heritage Place celebrated a big reveal for their refreshed common spaces including their dining room, community room, and movie room (pictures below).



Lessons from



Myths about Physical, Occupational, and Speech Therapy.

"Therapy is too painful."

Therapists are trained to work with a patient's pain threshold. While therapy is not always easy, the therapist will work with you to make therapy a positive experience. Ultimately, therapy is used to reduce a patient's pain.

"I only need therapy if I have an injury or accident." Therapy is very effective in preventing injury and pain and promotes mobility, health, and wellness. If you feel less steady on your feet

or are starting to find easy tasks more difficult, it may benefit you to see a PT and OT to improve strength, balance, and endurance.

"My loved one has Dementia, therapy cannot help." Occupational and Speech Therapists are trained in cognitive assessments and interventions. They are instrumental in assisting a person with dementia acclimate safely into a new environment. They also provide caregiver and family training on the most effective strategies to facilitate the person's highest level of independence and quality of life.

Laugh Out Loud

For Halloween we dressed up as almonds. Everyone could tell we were nuts.

What's New At Capri?

Picture Perfect

At the end of August, Stephanie Kucher, Capri Community's marketing coordinator, and Diego Cappella, a professional photographer, traveled to several communities to photograph the building, some residents, and some staff. Thank you so much to the residents and teams at **The Gables of Germantown**, **Harbor Campus**, **Hyland Campus**, **Killarney Kourt**, **Mulberry Campus**, **St. Catherine Commons (Palazzo del Maré)** resident



Joanne V. with her rabbit Oliver is pictured here), **Summit Woods**, **Village Pointe Commons**, and **Wilson Commons** for helping out so much and for being so cooperative! Keep an eye on our website for updated photos!

Holiday Market Vendors Needed

Are you popular in the holiday craft market scene? Does a family member or friend of yours love to make and sell unique gifts? **Village Pointe Commons** is hosting a Holiday Gift Market on November 3rd and they are looking for artisan crafters and vendors. Contact Kathy or Jackie

at (262) 240-0872 for more information!

CFO of the Year

Capri Community's Chief Financial Officer Kristin Ferge won this year's Milwaukee Business Journal's CFO of the Year award. We are so proud of Kristin, who was nominated by her accounting team, and know that she is very deserving of this recognition. When asked about the best part of her job, Kristin said, without hesitation, "People - and getting out to the communities where I can see a difference we're making in the lives of our residents and their families. You can see the passion our employees at those communities serve with." Congratulations, Kristin!

This month in

Celebration

International Day for Older Persons

Monday, October 1st

Simchat Torah

October 1st-2nd

World Teachers' Day

Friday, October 5th

Halloween

Wednesday, October 31st

Resident Spotlight

Meet Charlotte K., Harbor Campus

Charlotte (or Char for short) was born and raised in Sheboygan. She went to college at UW-Madison for Hispanic Studies.

Char did office work for Kohler Company as a translator for Spanish-speakers. She taught for two years at an all-girls high school and at a school in Guam. "Although I never married, I have hundreds of children as a teacher at Notre Dame," she said. "I taught there from 1961-1973."

An avid letter-writer, Char has been pen pals with people the East and West coasts, Nuns in Guam, Spanish-

speaking (and writing, of course) people, and even a German pen pal from 1946 to around 2013. "I've sent out hundreds of Christmas cards over the years, but postage can get to be expensive," she said, frowning.

Believe it or not, Char has read 21 books since she moved here in June! She loves to read historical fiction and loves to learn. Char also enjoys coloring with gel pens (she's a self-proclaimed colorista!) and is starting a Haiku poetry group at Harbor Campus!

Thank you for sharing.
You've lead an interesting life.
We're happy you're here!



Community Corner at Harbor Campus

Leaves of Change. October is Domestic Abuse Awareness Month. Check out our tree with leaves that are labeled with items needed for a local women's shelter. The leaves will fall as needs are fulfilled.

Harbor Harvest. We will be launching our Harbor Harvest Recipe Book on October 11th. Connect with your Lifestyle Enrichment staff for more information.

Food Drive. Help feed local people in need. Place your non-perishable food items in the box outside the office throughout the month of October.

Apple Crisp

Courtesy of Food Network Kitchen

Ingredients

6 baking apples, peeled, cored, and cut into wedges

1 tbsp lemon juice

1/2 cup sugar

2 tbsp + 1 1/4 cup flour (divided)

1/2 cup rolled oats

1/2 cup light brown sugar

1/2 tsp ground cinnamon

1/4 teaspoon salt

12 tbsp butter, chilled and cut into bits

Directions

Preheat oven to 350°F. In a large mixing bowl, toss together the first three ingredients plus 2 tbsp flour. Pour the apple mixture into a buttered 2-quart baking dish and set aside. In a large mixing bowl, mix the remaining flour, rolled oats, light brown sugar, cinnamon, and salt. With your fingers, work the butter into the flour mixture until it comes together and large clumps form. Sprinkle the topping evenly over the fruit. Bake the apple crisp until the fruit is bubbling and the topping is golden brown and crisp, about 45 minutes. Serve warm with vanilla ice cream or whipped cream if desired.