

THE SENTINEL

OCTOBER 2019

Active Aging at Capri

By Meghan Davis, Director of Lifestyle Enrichment

Active Aging Week was initiated in 2003 by the International Council on Active Aging®. This week-long campaign, taking place October 1-7, 2019, sets to challenge existing stigmas of aging. According to the Active Aging Week website, the objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment.

This year's theme for Active Aging Week is *Redefining Active* because being active can mean so many things! It's about a broader engagement: being socially active with friends, maintaining a religious or spiritual life, learning and trying new things, and leading a healthy lifestyle.

Our Gain and Retain Overall Wellness

(GROW) program focuses on six components of wellness – intellectual, social, spiritual, emotional, physical, and vocational – as a means to provide the opportunity to engage in a well-balanced life. We're taking an opportunity this month to provide some new fun and engaging options.

Throughout October, look for new ways to get involved at your community! You can check out Summit Woods' popular weekly evening trivia, Casa del Maré's new Tai Chi class, or try one of the new programs offered at your community this month.



Hard Hat Happenings

By Wayne Wiertzema, Senior Vice President of Development

Construction is well underway for our two latest developments. Located in Milwaukee's Lower East Side, St. Rita Square is projected for completion in spring 2020. St. Rita Square is a six-story building with 102 independent living, assisted living, dementia support apartments. The community features a trattoria with wood-fired pizza oven and an outdoor piazza. The site also includes the construction of St. Rita Church, which is projected for completion in late 2019.

Grace Commons in Menomonee Falls

is situated on over 30 acres of land. The independent living, assisted living, and dementia support community is nestled among natural features of wetlands, mature tree lines, and rolling topography. With an emphasis on wellness and healthy living, the campus will feature nature trails and a large wellness suite. The independent living and common areas of Grace Commons are projected for completion in spring 2020 with assisted living and dementia support to follow shortly after.

Check out their Facebook pages for photos!

Our Mission

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

Our Values

Committed to the resident experience
Attentive to individual needs
Respectful to all
Engaged in our local community
Serve with integrity

Lessons from *Lessila Therapy*

You catch a whiff of apple pie, school glue, or fresh-cut grass and suddenly you're immersed in a flurry of vivid memories, often from your childhood. What is it about smells that can trigger memories so strong and real it feels like you've been transported back in time?

Research shows that odors are especially effective as reminders of past experience, much more so than cues from other senses like sight and sound. Separate research also revealed that both young and old adults were able to recall more than twice as many memories when they were associated with an odor. According to researchers, this provides "evidence for substantial olfactory cuing that is remarkably intact in old age."

One reason this might be has to do with the way your brain processes odors and memories. Smells get routed through your olfactory bulb, which is the smell-analyzing region in your brain. It's closely connected to your amygdala and hippocampus, brain regions that handle memory and emotion. The close connection may explain why a scent might be tied to vivid memories in your brain.

Laugh Out Loud

Thank goodness for Halloween.
Now all the cobwebs in my house are considered decorations!

What's New at Capri

My Two Elanes

Mulberry Campus in Whitewater and Hyland Campus in Sun Prairie are hosting former Wisconsin Governor Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife Elaine, who lives with Alzheimer's disease. Governor Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia.

Join either community on October 24th for this event. Mulberry Campus will host



from 1:30-3:30pm at St. Patrick Catholic Church and Hyland Campus will host from 6-7:30pm at the Colonial Club.

Governor Schreiber will also present at **St. Catherine Commons** on November 12th.

Eagle Scout Project

Tyler from Boy Scout troop 109 in Menomonee Falls (pictured left) made bird houses, bean bag toss games, and giant Jenga for residents of **Grace Commons** and **Gables of Germantown** to enjoy! Tyler sourced materials and built these fun outdoor games and crafts for his Eagle Scout Project.

Honor Flier

Evelyn S., a resident of **Village Pointe Commons**, took her honor flight on September 7th. Evelyn worked as a secretary for the US Navy in Washington, D.C., following her high school graduation. Evelyn's boss, Admiral Richard E. Byrd, was present at the signing of the Japanese surrender on the USS Missouri. "It was an amazing experience," she said, beaming. Photo courtesy of Stars & Stripes Honor Flight.



Resident Spotlight

Meet Irene T., Harbor Village

Irene was born on January 9th in Milwaukee. Her family didn't have a lot but, in her own words, they had a lot of fun. She grew up with her two sisters and one brother. Their mother would sew all their clothes and make all their mittens and their father would re-sole their shoes. Irene spent a lot of time outside as a child, jumping ditches, climbing trees, playing sports, and helping out at her grandmother's farm. She lived in a lovely neighborhood where everyone knew each other and helped each other out. She wishes there were more of that today.

When Irene was a little girl, she knew exactly what she wanted to be when she grew up: a nurse. She sent in bottle caps for a nurse certificate once. She took courses in nursing when she was old enough for as long as the money would go. Unfortunately, the money didn't hold but Irene did become the best nurse's assistant she could be! She worked at St. Alphonsus Hospital and also used her nursing skills during the War when she became a Gray Lady with the Red Cross. During the War, Irene also became a

warden of her neighborhood and would walk the neighborhood whenever there was a bomb scare to make sure neighbors had their lights off. At least half a dozen of Irene's family are or were Marines, including her husband.

Irene is a Jill of all trades. She loves knitting, crocheting, and sports! She and her sister sang all the time and used to sing in the Bel Canto choir together. She also played a lot of baseball and soccer. When she was 50 years old, her soccer team won a championship!

Irene was hesitant to move to Harbor Village at first, but she has a wonderful nephew and niece who work here (Darrell and Lois) and has many friends who live here as well. "It turned out to be a nice place," said Irene. "I like it here."



Nutella Cocoa Bites

Ingredients

- 1 cup old fashioned oats
- 1/2 cup unsweetened toasted coconut flakes
- 1/2 cup almond butter
- 1/4 cup Nutella
- 1/2 cup mini semi-sweet chocolate chips
- 1/3 cup honey
- 1/2 teaspoon vanilla extract



Directions

Place all ingredients into a large bowl. Cover and chill 10 minutes. Roll dough into 1-2 inch balls. Cover and chill until ready to serve.

Community Corner *at Harbor Campus*

Rummage & Bake Sale. Our Rummage/ Bake & Hot Dog sale was a success this year. We were able to raise a few hundred dollars for our Ozaukee County Walk to End Alzheimer's team, not to mention unloading a bunch of things that our community members, staff, and families no longer need. The items remaining after the rummage were donated to the Lion's Auction fundraising event and to the *Under the Bridge* charity for homeless persons in Milwaukee. Thank you to everyone who helped!