

#StartAConversation

By Meghan Davis, Director of Lifestyle Enrichment

Marie Bertheaume, a resident of The Gables of Germantown, has been living with Parkinson's Disease (PD) for 31 years. This year, she is challenging others to #StartAConversation as part of Parkinson's Awareness Month. According to the Parkinson's Foundation, PD is a neurodegenerative disorder that affects dopamine-producing neurons in the brain and has symptoms which can include tremors, slowness of movements, limb rigidity, and gait and balance problems.



Marie described another symptom known as "freezing," which is a temporary, involuntary inability to move. "It often occurs when you are moving from one surface to another, such as tile to carpet. Or I get to an obstacle and I can't move." Freezing can be dangerous and increases one's propensity of falling. However, music is a powerful intervention that can be used to improve gait and help minimize freezing

episodes. "Cindy [Lifestyle Enrichment Specialist at The Gables] is putting songs on an MP3 player for me to try."

Marie urges others to be patient when interacting with someone who has PD. "People tend to rush you. I can tell my brain what to do, but it takes a while." If you would like to learn more about PD or continue the conversation, visit www.parkinson.org.

Do you have a cause you'd like to highlight? Contact a member of management to include your story in our newsletter.

Volunteers Bring a Rainbow of Experience

By Meghan Davis, Director of Lifestyle Enrichment

April is National Volunteer Month, a time when we celebrate the work volunteers do all year long. On behalf of all communities, thank you to all of our wonderful volunteers. You are definitely the pot of gold at the end of our rainbow!

Volunteer appreciation events are scheduled throughout our communities this month and during the course of the year. Service to others is an important part of Capri's mission and we're so grateful for the volunteer work that brings color to the lives of our residents all year long. We continue to see growth in our volunteer program year after year. In fact, in 2017 our communities had over 32,000 volunteer hours, shattering our goal of 25,000 hours.



Last year's Volunteer Appreciation Party at Palazzo del Maré at St. Catherine Commons.

There are a rainbow of possibilities for volunteer experiences in our communities. Contact a member of your community's GROW team to find out how you can get involved.



Lessons from



Some bedtime snacks may help you get a more restful night's sleep. Certain foods and beverages can actually help you fall asleep faster and sleep more soundly.

Complex carbs. Avoid white bread and sugary, baked goods, which may reduce serotonin levels and impair sleep. Choose whole grains for your snack: popcorn, oatmeal, or whole-wheat crackers.

A handful of nuts. Nuts are a good source of heart-healthy fats. Almonds and walnuts specifically

contain melatonin, a hormone that helps you regulate your sleep/wake cycle.

A cup of bedtime tea or warm milk. A nightly cup of decaffeinated tea or warm milk can be a relaxing ritual. Chamomile, ginger, and peppermint are calming tea choices for bedtime.

Fruits. Certain fruits like tart cherries, kiwis, bananas, pineapple, and oranges contain melatonin to help you fall asleep faster and wake up less often in the night.

Laugh Out Loud

Yesterday I saw a guy spill all his scrabble letters on the road.

I asked him, "What's the word on the street?"

What's New At Capri?

Capri Centenarian Club

This month, we celebrate three residents joining the Centenarian Club! Esther G. of **The Polonaise at Wilson Commons** turns 100 on April 5th. "She is an excellent seamstress and makes the best red velvet cake," said her family.



Ken plans on celebrating his birthday with his family and neighbors at Hyland Park.

Ken D. at **Hyland Park** will turn 100 on April 14th. His words of wisdom are "Always pay your bills on time and don't let other people affect you negatively."

Heritage Place resident Emily E. celebrates her 100th birthday on April 27th.

What does Emily consider the best invention in her lifetime? "The washer and dryer, of course!"

A very happy 100th birthday to Esther, Ken, and Emily!

Casino Night at The Gables of Germantown

There were plenty of chips around, and we aren't talking about the potato variety! **Engel Haus** hosted a successful Rat Pack-themed Casino Night on March 6th. Residents played craps, poker, blackjack, roulette, and more while enjoying special

drinks and hors d'oeuvres. Check out some photos below. Wow-ee wow wow!



This month in

Celebration

Easter

Sunday, April 1

April Fool's Day

Sunday, April 1

Earth Day

Sunday, April 22

Arbor Day

Friday, April 27

Resident Spotlight

Meet Jerry & Phyllis W.

Jerry and Phyllis were both born in Milwaukee - Jerry on August 6th, Phyllis on November 16th - and have lived their entire lives in Wisconsin. They moved to Brookfield in 1966.

They have been married for 63 years and have raised two sons and four daughters: three biological children, one adopted child, and two foster children. Jerry and Phyllis have seven grandchildren and four great-grandchildren. They were also foster parents for twenty newborns over a twenty-year span! Their favorite family memory was their trip to Riviera Maya to celebrate their 50th wedding anniversary.

Jerry managed Ray's Liquor Store in



Brookfield for 32 years. Phyllis was the first Parish Secretary at St. John Vianney Catholic Church for 15 years. Jerry enjoys doing jigsaw puzzles, playing cards, and calling bingo while Phyllis loves reading, knitting (she has knitted over 700 winter caps for the poor), and playing games.

"We like living at Heritage Place with friendly, cheerful people," they said. "It's wonderful to have a chapel and dining services on-site. We try to participate in every activity we can! It's also so close to the places we need like the church, doctors, and stores."

We're so happy you're with us, Jerry and Phyllis!

hello!

Community Corner at Heritage Place

Pull Together. Heritage Place is collecting soda can tabs for the Ronald McDonald House. Revenue from recycling these little bits of aluminum helps keep families close to their children who are undergoing medical treatment. Please put your tabs in the container in the lobby.



No-Mayo Egg Salad

Ingredients

- 1 1/2 ripe avocados, peeled
- 1 tablespoon fresh lemon or lime juice
- 1/2 teaspoon sea salt to taste
- 4 large hardboiled eggs, peeled and chopped
- 2 hardboiled egg whites, chopped

Directions

Mash avocados, lemon or lime juice, and sea salt in a mixing bowl, leaving slightly chunky if desired. Add the chopped hard boiled eggs and stir well to combine. Eat on toasted bread with watercress or greens of choice.

