

Discover Wisconsin

By Megan Prado, Executive Director at Engel Haus and Mütterhaus at The Gables of Germantown

When you think of Wisconsin, what are the first few things that pop into your mind? Is it beer? Cheese? The Packers, Brewers, or brats? As Capri Communities continues to expand across the state of Wisconsin, this month is a good time to discover some fun facts about the Badger State!

- Wisconsin is home to the World's Largest Brat Fest
- Sheboygan is the Bratwurst Capital of the World
- The first ice cream sundae was served on

- a Sunday in Two Rivers
- The largest woolly mammoth ever excavated was found in Kenosha
- Wisconsin leads the nation in the exportation of cranberries, whey, ginseng root, and sweet corn
- The oldest city in Wisconsin isn't Madison or Milwaukee - it's Green Bay



Hyland Park residents learned more about local flora at Olbrich Botanical Gardens.

When there's a hot, humid day or there's four feet of snow on the ground and you ask yourself, *Why do I live here?*, remember Wisconsin is a wonderful place to live filled with history and adventure.

Whether you have lived here your whole life or you're the new kid on the block, there is always more to discover in Wisconsin.

St. Rita Square

By Meghan Davis, Director of Lifestyle Enrichment

In 1925, the Scalabrini Fathers started a mission outpost of the Blessed Virgin of Pompeii Church, which had served Milwaukee's Italian-American community since 1904, at what became Saint Rita Congregation. Since 1967, when the Blessed Virgin of Pompeii Church was razed to make way for urban renewal, St. Rita has served as a focal point for Milwaukee's Italian-Americans and their traditions.

Representatives of St. Rita parish are collaborating with Tarantino & Company (T&Co.), Capri's sister company, and a liturgical architect to design a new St. Rita Church on the site of the current Church. A climate-controlled walkway will connect St. Rita to St. Rita Square, a six-story building offering independent, assisted, and memory care. James Tarantino, founder and principal of T&Co. and Capri Communities, said his deep family connections to St. Rita and Our Blessed Virgin of Pompeii were part of the inspiration for St. Rita Square.



To learn more, please visit the News section of CapriCommunities.com.



Lessons from



Tips to Protect Your Back and Keep Your Spine Healthy

Posture is key! Whether you are sitting or walking, keep your back straight, chin up and shoulders relaxed. Try to keep your abdominal muscles engaged whenever possible (hold your tummy in).

Avoid sitting for a prolonged period of time. Get up to stretch and walk around every 20-30 minutes. For example, pace or do light arm or leg stretches during television commercial breaks. The spine is meant to move to stay healthy. Movement fuels the spine with

healthy nutrients.

Wear supportive shoes. Good shoes provide a supportive base that helps the spine and body remain in alignment. For example, make sure the area of the shoe that fits the back of your heels is snug, but not overly tight. A good fit in the heel prevents too much rolling of the foot to the outside or inside.

When lifting an object, have your feet wide (not close together), keep the item close to you, bend at the knees, and keep your back straight (do not twist).

Laugh Out Loud

Did you hear about the scarecrow who won the Nobel Prize? He was outstanding in his field.

What's New At Capri?

Capri Honored Locally

Capri Senior Communities was named on the 2017 Future 50 list. The award, now in its 30th year, recognizes companies in the Milwaukee area that have been rapidly growing over the past three years. We are so proud of Team Capri's hard work and dedication!

Killarney Kourt Extends Helping Hands

After hearing families were without water after the floods in Burlington, Wisconsin, Executive Director Leah Kumpula and her team and residents at Killarney Kourt came together to donate cases of water to those

in need. "The manager at our local Piggly Wiggly worked with us and were able to offer very discounted cases," said Sheri Hess, Lifestyle Enrichment Coordinator. "Our residents wrote words of encouragement to put on the cases, our resident-run store donated money to the cause, and one resident even donated his own case of water." It's so refreshing to hear great stories like this!

Hee Haw at Harbor Campus

Residents, staff, and family at Harbor Campus had a great time at their annual summer picnic. This year's "Hee Haw" event featured a petting zoo, games, a

musician, and a performance by the Harbor resident choir. "It was a wonderful way to bring residents' families together with their loved ones and their Harbor Campus family," said Val Smallish, Lifestyle Enrichment Specialist.



Val and Harbor Resident Dave hit the dance floor!

This month in

Celebration

Purple Heart Day, August 7

Purple Heart Day is an observance that commemorates the creation of the Purple Heart Medal in 1782. The holiday also encourages people to pay their respects to fallen soldiers, to listen to the stories of soldiers and veterans, and to thank them for their service to the nation.

Senior Citizens Day, August 21

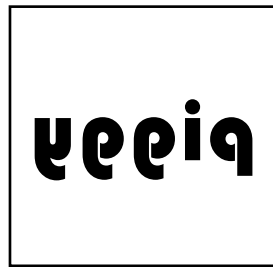
This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.

American Artist Appreciation Month

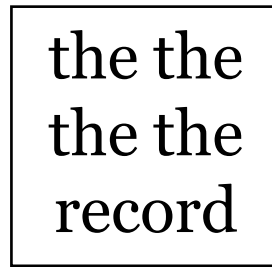
August is dedicated to American artists. From Andy Warhol and Andrew Wyeth, to Georgia O'Keeffe and Mary Cassatt, America has been the birthplace for some of art history's most talented and celebrated artists.

Cranium Crunches

Wacky Wordies. Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



1. _____



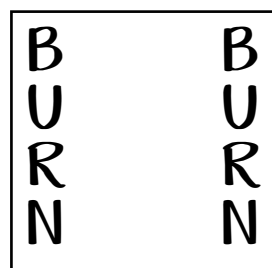
2. _____



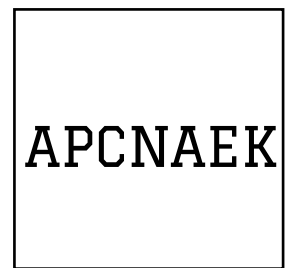
3. _____



4. _____



5. _____



6. _____

1. pigglyback 2. for the record 3. two-way radio 4. skinny dipping 5. sideburns 6. pancake mix

Healthy Tuna Avocado Salad

Ingredients

- 3 (5-oz) cans tuna, drained and flaked
- 1 English cucumber, sliced
- 3 large avocados, peeled, pitted, and sliced
- 1 small red onion, thinly sliced
- 1/2 bunch cilantro, chopped
- 2 tbsp. fresh lemon juice



- 2 tbsp. olive oil
- 1 tsp. salt
- 1/8 tsp. pepper

Directions

Combine all ingredients in a large bowl. Cover and chill until ready to serve.