

Winter and Holiday Blues

By Ava Tarantino, Marketing Intern at Capri Senior Communities

At this time of year there are so many holidays and traditions to celebrate with the people you love. It's the most wonderful time and the happiest season of all for everyone, right?

The reality is that many people tend to feel lonely and isolated during this time of year and you may notice it more in yourself or your friends and neighbors. Even the wisest, happiest people can experience these feelings; it's normal to experience them. Especially since family, friends, and tradition play such a big role this time each year.

It's important to remember what this holiday season is about and *who* it's about: the people you love. You can offer a hand to someone who may be feeling lonely this season. Here are a few tips that can help you or a loved one.

For yourself

Get out and about. Ask family and friends for help traveling to parties and events. Invite family and friends over.

Talk to someone. Talking about your feelings can help you understand why you feel the way you do. A simple phone call, chat over coffee, or an e-mail can brighten your mood.

For a neighbor or loved one

Listen. Even if someone is being negative it's important to offer an ear. They could be mourning the loss of a loved one, but don't jump to conclusions and tell them to snap out of it. Empathy goes a long way.

Make them feel welcome. Invite a neighbor or loved one to a community celebration and remind them they are an important part the celebration.

Your time, empathy, and sympathy are the best ways to spread holiday cheer to yourself and others!

Go to bit.ly/2zlmCWi to read the full article.

Honoring Veterans

By Meghan Davis, Director of Lifestyle Enrichment

We at Capri Communities are so thankful for our veterans who have served our country. Check out the photos below of just some of our communities celebrating their veterans in a special way. See even more photos on the Capri Communities Facebook page at facebook.com/CapriCommunities



Lessons from



Keep your energy up! Feeling sluggish and sleepy during the winter months? Try these tips to keep you feeling energized.

Eat a balanced meal. Choose foods rich in fiber, vitamins, and minerals. Choose bright-colored vegetables and fruits, lean meats, and nuts.

Stay hydrated. We think about staying hydrated a lot in summer, but it's equally important in winter when heating systems draw more moisture out of the air. Make sure you're drinking plenty of

water. Aim for eight 8-ounce glasses of water each day.

Stay social. When you can, eat with friends and family. Social interaction makes mealtimes enjoyable. Remember, it's ok to have treats, just do it in moderation.

Stay active and try to get enough sleep. Thirty minutes of exercise a day will really boost your energy. Being active helps us to get a better night's sleep: 7-8 hours each night is recommended.

Laugh Out Loud

A man walks into a library, approaches the librarian, and says, "I'll have a cheeseburger and fries, please."

The librarian says, "Sir, you know you're in a library, right?"

"Sorry," he whispers. "I'll have a cheeseburger and fries, please."



Veterans celebrations at our communities. Left: Palazzo del Maré; Top right: The Polonaise at Wilson Commons; Bottom Right: Village Pointe Commons

What's New At Capri?

James Tarantino Receives Patriot Award

James Tarantino, owner of Capri Communities, was presented a Patriot Award by Wisconsin Employer Support of the Guard and Reserve representative Robert H. Ronge. The Patriot Award is only presented to employers who not only hire Guard and Reserve members, but also demonstrate superior support to the military employee and his/her family. James was nominated by **Nick Cassell**, Operations Specialist at Capri.

Knitting Angles Club

Palazzo del Maré residents are hard at work this holiday season!



The *St. Catherine Commons Knitting Angles Club*, pictured below, is knitting 30 blankets for residents of Casa del Maré's memory care community. "They'll wrap them and deliver them by hand," said Tina K., Administrative Assistant. "It's so much fun watching them open the beautiful, handmade blankets!"

Holiday Gift Giving

Spreading holiday cheer is such an uplifting act. Many people spread their

cheer through decorations, singing, and gifting. Capri would like to remind residents that employees cannot accept personal gifts. If you do wish to give a gift, which is not necessary, employees can accept gifts to be shared with their team. Thank you for understanding!

Whitewater Pen Pals

Do you remember being a pen pal to someone when you were in grade school? Learning about someone else's life and sharing wisdom with someone else was so interesting. You can relive those moments by becoming a pen pal to a local second grade student! Talk to your Lifestyle Enrichment staff to find out more.

This month in

Celebration

Hanukkah, December 12-20

Hanukkah became more widely celebrated beginning from the 1970s when Rabbi Menachem M. Schneerson called for public awareness and observance of the festival and encouraged lighting of public menorahs. The reason for the Hanukkah lights is not for the "lighting of the house within," but rather the "illumination of the house without," so that passerby should see it and be reminded of the holiday's miracle.

Christmas, December 25

Christmas is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration among billions of people around the world.

Kwanzaa, Dec. 26-Jan. 1

The Kwanzaa celebration honors African heritage in African-American culture and was first celebrated in 1966-67 by its founder Maulana Karenga. It has seven principals (*Nguzo Saba*): *Umoja* (unity), *Kujichagulia* (self-determination), *Ujima* (collective work & responsibility), *Ujamaa* (cooperative economics), *Nia* (purpose), *Kuumba* (creativity), and *Imani* (faith).

Make the world a better place.

Written by Vivian S., Heritage Place

Someone has said, "Make the world a better place because you have been part of it."

Is the world a better place because I was born into it 90 years and 10 months ago on February 20, 1927, in Turley, Oklahoma? Or that I taught school in Kansas for almost 60 years? When I became an "Education Strategist" in the Learning Disability realm, how many parents of learning disabled children did I convince that nothing they did or didn't do made their child have a learning disability? And how many children with a learning disability had I convinced that, despite what other students called them, they were not dummies; that their minds just processed information differently?

How many adult children of alcoholics did I convince to let their anger toward the alcoholic go away? How many adults changed their mind about the Bible being a dull, hard-to-understand book? That it actually made a lot of sense, especially when we acted out Bible stories in my New

Testament college class, with no rehearsal just as though they were happening right now in their own lives and language.

Have any of my published stories made any difference? What about all the sorrows and all the joys I have known? Have the mourning messages I have delivered as a Certified Lay Speaker in United Methodist Churches helped anyone? Has my being a resident in two senior independent living communities brightened anyone else's life? Have I influenced any of my nine grandchildren or any of my great-grandchildren in a positive way? Is the world a better place because I have been a part of it? I think so. I hope so.



Green and Grinchy Hot Cocoa

Ingredients

- 2 cups milk
- 4 oz. white chocolate, chopped
- Green food coloring
- 1 tsp. vanilla extract
- 1 tsp. peppermint extract
- Whipped topping

Directions

Place milk and white chocolate in a medium saucepan. Cook on low heat until chocolate is just melted. Remove from heat. Stir in food coloring, vanilla, and peppermint. Evenly divide between two mugs and top with whipped topping.

