

Spread Holiday Cheer for All to Hear

By Meghan Davis, Director of Lifestyle Enrichment

We're spreading holiday cheer this month by featuring a poem written by the Writer's Club at **The Landmark of West Allis**. They have been exploring different styles of poetry, including haiku, cinquain, and acrostic (the style of the poem below). Happy Holidays from the Writer's Club and Capri Senior Communities!

Happy children running about
Outside lights twinkling in the night
Laughing with family and friends
Inquiries of hidden gift surprises
Delicious baked confections tantalizing our palates
Angles bringing glad tidings
Yuletide voices caroling the joyful message!



Holiday cheer spanning the years! Photos, clockwise, from Polonaise at Wilson Commons, Village Pointe Commons, and The Landmark.



Strides Towards a Dementia-Friendly Whitewater

By Meghan Davis, Director of Lifestyle Enrichment

Whitewater is taking big steps in becoming a dementia-friendly community. In 2017, the Whitewater Community Foundation presented Seniors in the Park with a Community Action Grant of \$1,000 to start the initiative. "Being knowledgeable about dementia is so important, especially as the Whitewater population ages," said Jenny Spohn, Assistant Executive Director at Mulberry Campus and a member of Whitewater's dementia-friendly initiative. "Part of our job is educating local businesses about dementia, how to recognize when a person has dementia, and how their employees can be dementia-friendly."

Mulberry Campus staff have been integral in the development of a respite program through the Whitewater Dementia Friendly Initiative for the past year. The program provides an opportunity for adults who have dementia to enjoy a day away from home and allows a caregiver to run errands, attend to personal matters, or just have time to relax and refresh. The group recently celebrated their first session. The Rockin' Respite program will continue to meet twice each month. Mulberry Campus provides delicious, home-made lunch for the participants.



Lessons from



The holidays are upon us with many opportunities for socializing and doing things outside our normal routines. It can be challenging to find enough energy to complete everything that we want to in a day. Energy conservation techniques are beneficial if you find that fatigue is preventing you from doing what you like to do. The following tips can help you perform your daily activities more efficiently, allowing you to do more with less effort and without shortness of breath.

- Rearrange your kitchen space by keeping frequently used items in easily-accessible places so you can avoid bending and reaching.
- Sit rather than stand whenever possible while performing daily duties.
- Use good posture to prevent fatigue; sit or stand tall with shoulders relaxed.
- Schedule enough time for activities as rushing requires more energy. Take rest breaks.
- Know your limits and delegate tasks to friends or family members who offer to help.

Laugh Out Loud

A weasel walks into a bar. The bartender says, "Wow, I've never served a weasel before. What can I get you?"

"Pop," goes the weasel.

What's New At Capri?

Save the Date!

The Gables of Germantown Holiday Craft Fair and Bake Sale is Saturday, December 1st from 10am until 2pm. The Northgate Holiday Gift Market is also on December 1st from 9am until 2pm. Stop by to start (or finish) your holiday shopping!



Spreading Cheer in Kenosha

The St. Catherine Commons Angels (pictured below, left) are at it again! Residents at Palazzo del Maré have been busy knitting lap blankets for the Casa del Maré memory support residents. The St. Catherine Commons Choral Group will perform holiday concerts at Casa this month as well.

A Special Way to Show Gratitude

Hyland Campus found a great way to repurpose some special bricks on campus (pictured right). Some bricks were removed when a flag pole was installed last November. These bricks were personalized and hand-

painted by Hyland Park resident Gene for each of the community's veterans and were presented at a Veterans Day ceremony.



This month in

Celebration

Hanukkah

Sunday, December 2nd to
Monday, December 10th

Christmas

Tuesday, December 25th

Kwanzaa

Wednesday, December 26th to
Tuesday, January 1st

New Year's Eve

Monday, December 31st

Resident Spotlight

Meet Frank & Lois M., Heritage Place

Frank and Lois both grew up in Montana. Frank spent nearly a year at an ACCC camp where he was a radar operator. He then became an Army 1st Lieutenant and also served in the Air Corps. Frank returned from the Philippines to Montana and met Lois at Montana State College. Lois worked as a teacher for a year after graduating.

In 1949, the pair got married in Lois's hometown of Shelby, Montana. The newlyweds spent their first supper on a forest service where they spent many hours each day watching for forest fires from a 50-foot-high lookout station.

Lois earned a master's degree in

gerontology from Sangamon State, now part of the University of Illinois. She was an active volunteer in their church and other organizations for many decades.

Frank began his career after earning his PhD in Berkeley, California. He was recruited to be the Executive Director of the Illinois Board of Regents. When he retired from the board, he taught for four years at Illinois State University. He was active in the Rotary and the Illinois Symphony Board.

Frank and Lois enjoyed traveling to many interesting places, especially India! "I was sponsored to visit five of the universities there," said Frank. "We both enjoyed seeing the Taj Mahal!"

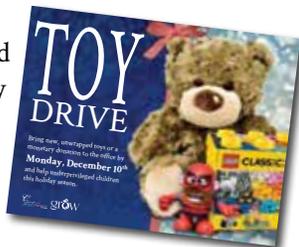
The will celebrate their 70th anniversary with their four children, three grandsons, and six great-grandsons.



Community Corner at Heritage Place

FaLaLaLaLa. Save the date for our Holiday Choir Program! Join us on Thursday, December 6th at 7pm for wonderful holiday tunes. Our resident holiday party will be on Wednesday, December 19th at 11:30am.

Toy Drive. Bring new, unwrapped toys or a monetary donation to the office by Monday, December 10th to help underprivileged children this holiday season.



Eggnog Dip

Ingredients

1 (3.4oz) package instant vanilla pudding mix
1 cup eggnog

1 (8oz) container whipped topping

Pinch ground nutmeg

Graham crackers or ginger snaps
for serving

Directions

Combine pudding mix and eggnog in a medium bowl. Fold in whipped topping and nutmeg. Cover and chill until thick. Serve with graham crackers or ginger snaps.

