

# THE SENTINEL

DECEMBER 2019

## Blu Grotto: It Takes a Village

By Mari Pat McAuliff, Director of Memory Care Services

Providing exceptional care for individuals experiencing dementia is based on the understanding that dementia is more than memory loss. In addition to the loss of memory, individuals may experience challenges in language, factual knowledge, visuospatial skills, and changes in personality, planning, divided attention, and ability to organize.

The Capri care team members of our Blu Grotto Dementia Support Neighborhoods are trained to understand the dynamics and daily impact of these symptoms in combination with a person's chosen lifestyle and life story,



current ability, and changing interests.

Blu Grotto is based on the concept of "It Takes a Village" and nurtures a team that engages residents without defining service boundaries. We are committed to the cohesive efforts of the team and family by including family members in the creation

of a move in plan. This plan helps to ease the transition of the family as a whole. Once an individual is part of the neighborhood, their family is invited to be a part of the daily routines and opportunities offered to their loved one. The team and family work together toward creating a sense of well-being, purpose, belonging, and the best resident experience possible.

## Lighting the Way

By Eric Trick, Asset Management Specialist

During the past few months, there have been ongoing lighting upgrades occurring at Village Pointe Commons, Hyland Campus, and Harbor Campus. We have been working with a third party to install energy-efficient LED lights that provide consistent light levels for our residents. During this three-community



project, we will replace more than 7300 light bulbs! The new lights use less energy than the standard bulbs everyone is accustomed to, resulting in a happier planet. We have been receiving great feedback from the communities so far and hope to start lighting upgrades and brightening the lives of residents at other communities early next year.

## 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*

Your body posture can make a big difference in your overall health. Incorrect posture can lead to mental and physical fatigue, with symptoms such as neck, shoulder and back pain, headaches, poor sleep, and eye strain. Proper posture can improve digestion and blood circulation all while making you feel younger and more energetic.

Here are some simple tips you can follow to help improve posture.

- Try to get regular exercise
- While seated, sit tall with your shoulders up and pulled back and your ribs lifted. Try to hold your stomach muscles tight and have feet flat on the floor. Avoid crossings your legs or ankles.
- Do not stay seated for long periods of time. Get up from your chair and take a walk and or stretch.
- Keep your head back and chin up. Throughout the day, you may notice your head creeps forward and is no longer in position with your spine. Make a conscious effort to straighten your back and neck.

## Laugh Out Loud

One night, a Viking named Rudolph the Red was looking out the window and said, "It's going to rain."

His wife asked, "How do you know?"

He responded, "Rudolph the Red knows rain, dear."

# What's New at Capri

## Christmas Tree Ship

Rochelle Pennington, an award-winning author, will visit Village Pointe Commons on December 11<sup>th</sup> to present on the Christmas Tree Ship. This ship delivered holiday evergreens to the citizens of Chicago each Christmas season before it was caught in the Great Storm of 1912 and subsequently went to the bottom of Lake Michigan. This is the second time Village Pointe Commons has hosted Rochelle: they are excited to welcome her back!

## Light Up Someone's Life

Tis the season of giving! Some of our communities are collecting non-perishable foods while others are starting toy drives.

Our Capri home office collects donations to purchase toys for a family through the Christmas Clearing Council. Whether you donate or help by spreading the word, every bit is appreciated. Thank you for your generous spirit!



## Do You Hear What I Hear?

Will you be in the Whitewater area soon? Keep your ears open! Glenwood residents will ringing bells for the Salvation Army on December 3rd and 10th at Cowley's Piggly Wiggly.

## From All of Us to You

The Capri Communities team wishes you and your loved ones a wonderful holiday season and a happy New Year! Thank you for being a part of our Capri family.

# Cranium Crunches

**Pass it On** After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

- |                              |                     |                                   |       |
|------------------------------|---------------------|-----------------------------------|-------|
| 1. Comforter                 | _____ blanket _____ | 10. Greek letter                  | _____ |
| 2. Temperature indicator     | _____               | 11. Regions around the North Pole | _____ |
| 3. Street                    | _____               | 12. Your aunt's child             | _____ |
| 4. Twelfth month             | _____               | 13. Daily publication             | _____ |
| 5. Cookbook entry            | _____               | 14. Brain teaser                  | _____ |
| 6. Winter headgear           | _____               | 15. Holiday drink                 | _____ |
| 7. Snow-removing tool        | _____               | 16. Stringed instrument           | _____ |
| 8. Business of felling trees | _____               | 17. Wanted poster word            | _____ |
| 9. Holiday cookie            | _____               | 18. Evening meal                  | _____ |

**ANSWERS** 1. blanket 2. thermometer 3. road 4. December 5. recipe 6. earmuffs 7. shovel 8. logging 9. gingerbread 10. delta 11. arctic 12. cousin 13. newspaper 14. riddle 15. eggnog 16. guitar 17. reward 18. dinner

# All is Bright Cocoa Dip

## Ingredients

- 4 (.73-ounce) packets hot cocoa mix
- 1 (8-ounce) package cream cheese, room temperature
- 4 ounces whipped topping, thawed
- 3 tablespoons vanilla mallow bits or miniature marshmallows
- Cookies for serving



## Directions

Combine cocoa mix and cream cheese in a medium bowl with a hand mixer until well combined. Stir in whipped topping. Transfer to a serving bowl. Sprinkle with mallow bits or miniature marshmallows. Serve with cookies.

# Community Corner

*at Heritage Place*

**Holiday Parties.** Tis the season for holiday celebrations! We'll have our Holiday Program on December 10<sup>th</sup> from 7-8pm. Our Heritage Place holiday party will be on December 19<sup>th</sup> from 11:30am-1:30pm. Visit the office for more information!

**Room for More.** We're renovating the Lessila Therapy Room on the 2<sup>nd</sup> floor. Stay tuned for details!