

FEBRUARY 2019

## New Year, New Mission, New Values

By Geri Krupp-Gordon, Chief Operating Officer

As Capri's Chief Operating Officer, I am so proud of how Capri and each of our employees are committed to our residents' experiences. One of my favorite things to do each evening is go on Facebook and see pictures and read stories about our residents experiencing Capri's GROW and memory care programs. Here are just a few recent highlights:

- Nada, our Memory Care Manager at Gables of Germantown, is getting married in October and residents are helping her plan her wedding. In January, they helped design her dress.
- Our memory care and assisted living communities participate in the Alzheimer's Poetry Project which uses poetry to inspire creative



self-expression, reduce social isolation, and provide social and intellectual stimulation. Gary Glazner, the program founder, visited Village Pointe Commons and participated in a session with residents.

- Killarney Kourt residents were entertained by the Racine Dairy Statesmen, a talented a cappella group.

In February, so many great experiences are planned throughout our communities. Hyland Campus will host its annual Sweetheart Dinner (a resident favorite),

the Gables of Germantown kicks off their health and happiness educational series, and Casa del Maré is hosting its 8<sup>th</sup> annual Chili Cook-Off event! Help us continue to enhance your experience by sharing your feedback with community managers.

## Shoo the Flu

By Pam Gaurkee, RN, Nurse Manager at Gables of Germantown & Village Pointe Commons

During flu season, hand washing is the first and best line of defense against spreading germs.

- First, wet your hands with warm or cool water.
- Apply a generous amount of soap and rub your hands together to make a lather, making sure to get every part of your hands including the backs, palms, fingers, and areas underneath your fingernails.
- Scrub your hands for at least 20 seconds. A simple way to time yourself is to sing

the entire Happy Birthday song to yourself twice (maybe sing this in your head if you're in a public bathroom).

- Rinse your hands thoroughly under clean, running water and dry them completely.
- It is a good idea to use a paper towel to avoid touching the germ-laden door handle as you exit a public bathroom.

Another way to stop the spread of germs is by using your sleeve or a tissue when you sneeze. Help yourself and others by shooing the flu!

## 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*

How do you shake the winter blahs? Be active! If you don't already exercise, get started. It can be as simple as a daily walk with friends or performing some exercises while watching television or listening to music. Participate in activities and outings, visit with neighbors, or get out with family and friends.

Use time management and routines. Set your alarm, make a to-do list, or arrange a wakeup call. Make a commitment by establishing a routine or joining groups with scheduled times. Having a set routine and purpose for each day improves your overall contentment and satisfaction.

Boredom can be a sign that you are not being stimulated or challenged. Try solving daily Sudoku or crossword puzzles, do a jigsaw puzzle, or play on-line games that require mental activity, like Scrabble. If you enjoy playing cards, get a group of friends together to play each week or a book club.

Most importantly, don't isolate yourself. Get out and socialize!

## Laugh Out Loud

What do you get if you crossed February 2<sup>nd</sup> with a festive drink?

Ground Nog Day!

## What's New At Capri?



### Scouting at Harbor

A local Boy Scout and Port Washington High School student in pursuit of his Eagle rank worked

on a project at Harbor Campus. Adam Bley designed, resourced materials, and constructed 60 mailboxes for internal communication with independent living residents. Not only were the mailboxes designed to hold all communication materials, but Adam constructed each

one with a shelf for decorations. Val Cutting, Lifestyle Enrichment Specialist, said, "They are beautiful and make our communication efforts flow more efficiently. I'm grateful for this service Adam was able to provide for Harbor Campus."

### Getting Cozy

Summit Woods embraced our GROW *Cozy Up to Winter* theme last month by hosting a soup cook-off! Resident Marge made the winning soup: Italian Vegetable.

### National Caregivers Day

Friday, February 15<sup>th</sup> is National Caregivers Day. Thank you to all of our hardworking care teams! We appreciate the work you do to enrich the lives of our residents.



## Resident Spotlight

### Meet Fred O., Heritage Place



Fred is a Milwaukee native but received his Masters at Michigan State and his PhD at the University of Michigan, both in theater. He thought, in lieu of a photo, the caricature of himself as a Shakespearian character was more interesting. Fred's career in theater took him many places; however, he enjoyed being the stage manager for performances of Macbeth in Russia for six weeks most.

When asked about his hobbies and interests, Fred said he enjoys all kinds of music but is hesitant about rap. He likes old movies, too, but his passion is anything theater-related (especially collecting playscripts). He has generously donated quite a few to theater departments of local high schools.

Fred is glad to be at Heritage Place because of the indoor mail access, regular meals, and access to a little help as needed.

"I'm especially thankful for the support of old friends, my brother, my sister, and my great-niece," he said. "They're all superb!"

Though Fred has resided at Heritage Place for a short time, he has found his way to the hair salon, bingo games, tasty luncheons, and has tried his hand at dartball. His greatest find was on a shelf in Heritage's library: he was surprised to see some theater materials similar to those he had used in the past! It seems as though they were waiting at Heritage Place just for him.

Thank you for sharing your story with us, Fred!

hello!

## Bubbly Cherry Floats

### Ingredients

2 1/2 cups frozen dark sweet cherries

1/2 cup lime juice

1/2 cup clear soda

2-3 tablespoons sugar

4 large scoops vanilla ice cream

### Directions

Place cherries, lime juice, soda, and sugar in a blender. Blend on high until smooth. Pour mixture equally into 4 serving glasses. Top each with one scoop of vanilla ice cream. Serve immediately.



## Community Corner

*at Heritage Place*

**Bio Book.** The Resident Biography Book has been revamped with new photos and more details about our neighbors' interests and accomplishments. Check it out in the library on the round floor.

**Donations Accepted.** Our library is in need of nice bookends. If you would like to donate some, please stop by the Lifestyle Enrichment office. Thank you!

**Family Favorites.** Our Family Favorite Potluck will be on Saturday, February 9<sup>th</sup>. Make your favorite family dish and bring the recipe to share!