

COMMUNITY CORNER

Warm Welcome

Gabriel Gerstner has joined our team as our new Assistant Executive Director. Make sure you stop by the office to say “Hello!”

Penny War Fundraiser

Our hallways will compete again in the great Penny War. We will be raising money for the American Heart Association.

Cozy Movie Afternoon

Stay in your pajamas and join us for hot chocolate and a movie. We'll be watching Green Book. Join us on February 4th at 1pm.

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



Chester at Glenwood jams out with a visiting entertainer. Not only did Chester get to partake in his hobby, the rest of the residents and staff were able to enjoy the jazzy tunes!

A Cure for Cabin Fever

By Pam Gaurkee, RN, Director of Clinical Operations

It's been said February is a boring month, but we do have Valentine's Day! The symbol for Valentine's day is a heart: let's get to the heart of Cabin Fever. Cabin Fever is a folk term, not a medical diagnosis. It can be defined as an emotional condition marked by irritability and caused by prolonged confinement in living quarters. The phrase is used humorously to indicate simple boredom from being home alone for an extended period of time.

What's the best cure for cabin fever? Take a look at your heart!

Start a new **Hobby** or an old **Hobby**.
Have a movie and popcorn night.

Engage in early spring cleaning.
Explore your surroundings. Drop
Everything when it starts snowing and

watch the snow fall. **E**xercise, even some simple stretching helps.

Add greenery by bringing a plant to your home. Use **A**romatherapy: try orange, lemon, peppermint, and coffee for energy.

“Take heart spring is not far off!”

Make a new **R**ecipe you haven't tried or **R**ead a new book.

Try an old board game or pull out a deck of cards. **T**urn the lights on and open the blinds to get every bit of sunlight you can.

Take heart spring is not far off. The first day of spring is on March 19 and daylight savings starts on March 8.

Lessons from *Lessila Therapy*

Sodium is a mineral found in many foods, especially salt. Following a low-salt diet helps keep high blood pressure and swelling (also called edema) under control. It can also make breathing easier if you have heart failure.

Choose fresh or frozen food whenever possible.

When choosing processed food or pre-prepared items, try to look for “no salt added.” Avoid convenience foods like canned soups, entrees, rice mixes, and frozen dinners; they are loaded with salt.

Adjust your recipes.

Decrease the amount of salt in your recipe and get creative by substituting with other seasonings. The following seasonings are great alternatives:

- Garlic
- Pepper
- Bay leaves
- Basil
- Onion

Try sea salt.

Ocean water or water from saltwater lakes is evaporated to produce sea salt, usually with little processing. Table salt is mined and heavily processed to eliminate minerals and usually contains an additive to prevent clumping. Remember: sea salt and table salt both contain comparable amounts of sodium by weight.



What's New at Capri

Blu Grotto

We've shared information about our Blu Grotto approach to memory care in previous newsletters. Now it's time for those communities introduce our programming and Blu Grotto approach to memory care to families, residents, and partners across the memory care campus communities. Blu Grotto celebration highlights include the Blu Grotto story, signature program information content, brain-health information, refreshments and tours. If you know of anyone who could benefit from a memory care environment and are interested in learning more, please get in touch with your Executive Director or Community Manager.

Always Learning

Relias is Capri's web-based training program used by our staff to continue their knowledge and understanding about providing the best services and

care for our residents. This also helps our team expand their skills to further their careers. We recently developed and added a Blu Grotto training and workshop video. **Casa del Maré** is proud to introduce their first class to complete this requirement (pictured below). We're excited to see these graduates apply the new information they've learned and are looking forward to more communities to complete this specialized training! Furthermore, **Harbor Campus** was one of the first communities to have all required Relias courses complete by every staff member in 2019. Way to go!



Resident Spotlight

Meet Gloria H, Heritage Place

Gloria was born and raised in Escanaba, MI. “My schooling wasn't very remarkable. Except for Mud Week when heavy rains would mire the buses in mud and school would be called off for a week,” she said, smiling.

After high school, Gloria worked for an electric cooperative and married her husband Frank. One day, they were walking near their secluded home and she heard a cat meowing loudly.

Worried it was in a trap or injured, Gloria stepped into the woods and found a one-year-old male cat. Though Frank wasn't excited about owning it,



black-and-white Panda had his forever family. That was 21 years ago!

Gloria's family also includes her daughter Tina Marie. “She's been so helpful and I'm so grateful.” Gloria is widowed now, so when she broke her hip Tina Marie arranged for her to move from Michigan to Wisconsin, and then to Heritage Place about a month ago. “My home in Michigan is for sale and we're still sorting all the things I've brought with me here. I do miss gardening and growing orchids.” Gloria enjoys living close to her daughter and, she said, “I like the food.”

Thank you for sharing your story, Gloria!