

Starting Fresh

By Meghan Davis, Director of Lifestyle Enrichment

Some residents are *starting fresh* in your community throughout the year. We know moving to a new home can be both stressful and scary. Here are some ways you can help welcome those who are new in your community.

Smile and say hello. A smile is the universal welcome!

Introduce yourself and then re-introduce yourself when you see them again. With so many new people to meet, a reminder or second introduction can be helpful.

Invite them to come with you to an activity you enjoy or try something new with them!

Make connections and introduce them to others. After getting to know them a bit, introduce them to others who share their interests.

Give them space. Be mindful of their feelings and give them some breathing



Invite a new resident to a luncheon or party this month. You'll be a familiar face to them while still being able to meet new people.

room as they get acclimated.

Be yourself. The most important person a new resident can talk to is you! We're proud to have Resident Ambassadors to assist in easing the transition for new residents, but we all are important community members and all have a unique perspective to give. When you make others feel special, the kindness you share will be returned to you.

Fresh New Steps

By Stephanie Kucher, Marketing Coordinator

Family Service and The Child Advocacy Resources and Empowerment (CARE) Center, which provides services to children who are suspected of physical abuse, sexual abuse and/or neglect, raised over \$21,000 for the reconstruction of the front entrance of their historical Big Yellow House. Local businesses, Capri Senior Communities included, donated funds to help cover construction costs.

"The Big Yellow House is so much more than a historic landmark - it's a place of healing for our most vulnerable population," said Teri Terrill, Executive Director at Family Service.

Steve Kassens, Asset Manager for Capri, oversaw the project. "The sidewalk and steps up to the Big Yellow House had settled, making the top step thirteen inches away from the building and a trip hazard. It's now up to code. We want to make sure these children are able to safely access these valuable resources."



Lessons from



Having healthy blood circulation may help you to avoid heart disease and other health problems. If your blood doesn't move well through your veins and arteries, your tissues and organs won't get enough oxygen and nutrients. Here are a few tips.

Be aware of trouble. Symptoms of poor circulation include tingling in the feet and hands, cold fingers and toes, bluish-tinted skin, and slow-healing wounds. If you notice these problems, talk to your doctor.

Keep moving. Aim to exercise

30 minutes a day. If you spend a lot of time sitting, stand up or do some simple movements at least once an hour - rotate your arms in small circles, point your ankles up and down, or do a few seated leg kicks.

Drink smart. Water improves circulation. Alcohol, sodas, and other sugary drinks can have the opposite effect.

Eat right. Limit sugar, salt, and unhealthy fats. Load up on fruits, veggies, and whole grains. Eat moderate amounts of healthy fats found in fish oil, avocado, nuts, and sesame seeds.

Laugh Out Loud

The bowling alley is a great place to get new tires. They always have spares!

What's New At Capri?

Fresh Art Space at Harbor Campus

Shirley G. recently moved to Harbor Campus and has incredible creative energy. She began painting about 80 years ago in high school and has painted ever since. Over time, she has painted more than 2700 paintings, her most recent (pictured right) was featured at Gallery 224 in Port Washington. Harbor Campus is establishing a space dedicated to fine art in their creative workshop. Motivated by Shirley, the team at Harbor has been working towards building a comfortable surrounding to inspire and foster creativity.



Capri Centenarian Club

Marilyn C., resident at The Polonaise at Wilson Commons, is turning 100! Her birthday is on January 11th. Marilyn credits Jell-o and smiling on the inside for her long life. "If you are smiling there, the smile will appear on the outside," she said. Landmark resident Mabel Y. will celebrate her 100th birthday on January 29th! "We are so blessed to have Mabel here with us. She is such a friendly face," said Bev, Assistant Manager at The Landmark. Happy birthday, ladies!

St. Rita Square Update

We anticipate construction of St. Rita Square, Capri's new independent, assisted, and memory care community on Milwaukee's East Side, to begin in the spring of 2018 and completion and occupancy in late summer of 2019. Capri is also working alongside Three Holy Women with the Church design and construction. We are pleased that the Church and community influence will also be incorporated in the architecture and interior design of the senior community.

This month in

Celebration

National Glaucoma Awareness Month

New Years Day

Monday, January 1, 2018

Martin Luther King, Jr. Day

Monday, January 15, 2018

Squirrel Appreciation Day

Sunday, January 21, 2018

National Compliment Day

Wednesday, January 24, 2018

Cranium Crunches

Trivia. Test your general knowledge with these questions.

1. What popular toy was created in the early 1900s and includes wooden sticks and wheels with holes in them?
2. In what world capital were the summer Olympic games held in 2008?
3. Who used fasting in 1939 to protest England's control over India?
4. In 1935, the Academy Awards honored one movie with the awards for Best Actress (Claudette Colbert), Best Actor (Clark Gable), Best Director (Frank Capra), and Best Picture. What was the title of that movie?
5. Who wrote *Sense and Sensibility*?
6. What was the name of Elvis' first hit song that made it to the top of the national charts in 1956?
7. What system has replaced carburetors in cars today?
8. What plant does a boll weevil destroy?
9. What is the largest planet in our solar system?
10. What show has been on television for the past 37 years and airs live on Saturday evenings?

1. Timbertops 2. Beijing, China 3. Mohandas Gandhi 4. It Happened One Night 5. Jane Austen 6. Heartbreak Hotel 7. Fuel Injection 8. A cotton plant 9. Jupiter 10. Saturday Night Live

Community Corner

at Heritage Place

Fresh Photos. We will be taking a photo of each resident for our medical records system on January 3rd from 1:00-3:00pm.

Fresh Info. There will be a Knee and Hip Pain Management presentation by Dr. Thomas Parisi on January 17th at 2:00pm.

Fresh Look. Throughout January we will be collecting used & unwanted eyeglasses. Stop by the GROW board for more information.

Crunchy Chocolate Candy Bar Squares

Ingredients

3 cups Rice Chex cereal

1 1/2 cups chopped unsweetened dark chocolate

1 cup peanut butter

1/2 cup sugar-free maple syrup

1/4 cup coconut oil

Directions

Line an 8x8-inch baking pan with parchment paper. Place cereal in a large mixing bowl and set aside. Combine the rest of the ingredients in a medium microwaveable bowl. Microwave for 2-3 minutes, stirring every 30 seconds until completely melted. Add chocolate mixture to the cereal, tossing to coat completely. Press mixture into the prepared baking pan. Cover and chill until firm. Cut before serving.

