

THE SENTINEL

JANUARY 2019

New Year, New Mission, New Values

By Meghan Davis, Director of Lifestyle Enrichment

We've been working on updating our mission statement and values using input from residents, employees, and community partners to make them more relevant to our daily work. We're excited to finally unveil them!

Our new mission, *enriching the lives of our residents through service and commitment to family and community*, is demonstrated through our actions and interactions with those we work with, care for, and partner with in our local communities.

Our values guide us in fulfilling our mission. To help us remember our values, we use the acronym CARES:
Committed to the resident experience
Attentive to individual needs
Respectful to all
Engaged in our local community
Serve with integrity

Members of our executive team, including James Tarantino, Kristin Ferge, and Wayne Wiertzema (pictured below)

embody our servant leadership mentality and help to see it carried through to all



communities. "I hear firsthand the importance our employees make to our residents," said James. "We have a very talented group of employees, in so many different areas, and they all embody what Capri Communities is. We are a group of people that are connected and bound by a shared sense of mission and shared sense of volunteering."

Activity Professionals Brighten Each Day

By Deborah Smith, Lifestyle Enrichment Specialist at Village Pointe Commons, Member of the Milwaukee Area Activity Professionals, Wisconsin Representative of Activity Professionals, MAAP Representative

With the fast pace of today's world, it's easy to forget the value of a few simple words. Often, we're too busy to take a break, turn to the person next to us, and thank them for their hard work. A huge thank you to all of the Lifestyle Enrichment staff members here at Capri! Their commitment to excellence and the integrity of their programs continue to enrich the lives of all of our residents every day. Happy Activity Professionals Week, January 20-26, 2019!



Our Mission

Enriching the lives of our residents through service and commitment to family and community.

Our Values

We are...

- Committed to the resident experience
- Attentive to individual needs
- Respectful to all
- Engaged in our local community
- Serve with integrity

Lessons from *Lessila Therapy*

Having a good night's sleep is very important to your health. Below are some tips from the Sleep Foundation.

- Try to stick to a routine sleep schedule
- If you have trouble sleeping, avoid naps during the day
- Develop a relaxing bedtime ritual. Avoid bright lights and activities that can cause excitement, stress, or anxiety. Perhaps perform gentle stretches or read a book.
- Exercise daily. Even light exercise will help you sleep more sound.
- Keep your room cool – between 60-67 degrees.
- Consider using a fan or white noise machine to help reduce hearing noise or distractions.
- Avoid caffeine and alcohol at least four hours before going to sleep.

Laugh Out Loud

A cruise ship passes by a remote island, and all the passengers see a bearded man running around and waving his arms wildly. "Captain," one passenger asks, "who is that man over there?" "I have no idea," the captain says, "but he goes nuts every year when we pass him."

What's New At Capri?

Centenarian Club

Mätterhaus resident Florence "Flo" P. (pictured below) celebrates her 100th birthday on January 24th. When asked what her secret is to a long life, Flo



replied, "Always work hard, thank your folks, be ambitious, and always do your best!" Growing up, Flo lived a simple life, helping her family with canning, cooking, and cleaning. She

plans on celebrating her birthday with her family and friends. We hope you have a fantastic birthday, Flo!

Honoring Former President Bush

Jerry F. (pictured right, courtesy of Ed) and Ed G. from Village Pointe Commons performed a small service and lowered the flag honoring the late President George H.W. Bush.



Hyland Campus Small-Screen Debut

Residents and family members of Hyland Campus were filmed this past November and December for a commercial about Hyland Park and Hyland Crossings. We are so thankful these residents and families were willing to take time out of their day to help us with this endeavor. If you're in the Sun Prairie area, look out for some familiar faces on ABC27 and its affiliated channels!

Resident Spotlight

Meet Donna D., Heritage Place

Donna was born in Madison and attended Madison East High School. In 1953, she enrolled at the University of Wisconsin-Whitewater to earn a degree in business administration. There she met her future husband Don. "Everyone always seems amused by our similar names," said Donna, smiling.

They got married in 1955 while Don was serving in the Army and they spent a year in Germany. Donna came home with a little "package in her tummy." Their daughter often tells people she hitch-hiked home from Germany. Donna and Don also have a son, four grandchildren, and three great-grandchildren who live out of state.

Along with pursuing schooling and work, Donna was very involved in her children's activities. She even filled in as the Scout Master for a month while the troop searched for a permanent replacement. She also sewed a lot, making children's clothing and prom dresses, not only for her daughter but her two friends

also! They were always asked to model them in the annual home economics style show when they were in high school.

Donna is proud to have finished her business degree in 1987 and of working almost 50 years as a transcriptionist at various hospitals. "It was never boring and was a great learning experience."

Her passion has always been reading – mostly John Grisham-type novels. It's no surprise, then, that she has been the volunteer librarian at Heritage Place for 13 years! She also serves on the Social Committee and she and Don are always happy to help put on movies on Fridays.

Donna not only takes care of herself, she also makes a valuable contribution to Heritage Place.



Herbed and Marinated Cheese Snack

Ingredients

- 1 lb. mozzarella cheese, cut into 1-inch chunks
- 2 tsp. minced fresh rosemary
- 1/2 cup sun-dried tomatoes in oil, drained
- 2 tsp. Italian seasoning
- 2 tsp. fresh thyme
- 1/4 tsp. crushed red pepper
- 2 garlic cloves, minced
- Crackers or bread for serving
- 1 1/4 cups olive oil

Directions

Place all ingredients in a large bowl. Toss to combine. Cover and chill overnight or longer. Serve with crackers or bread.

Makes 8-10 servings.



Community Corner *at Heritage Place*

Shiny & New. We received four new pieces of equipment for our Recreation/Exercise room in August. Two new LifeSpan treadmills are up and running (pun intended!), a new LifeSpan recumbent stationary bike is available to use, and a new poker table was dealt the a corner of the room. Join our very enthusiastic and fun Exercise Group Mondays through Thursdays at 10am. You'll be sure to keep your resolutions with this group who will definitely hold you accountable! Check your calendars for other fun things going on in the Recreation/Exercise room throughout the month.