

COMMUNITY CORNER

Congratulations!

Barb was recently named the Executive Director at Heritage Place. Andy Nord received the most CARE cards in 2019, making him our Employee of the Year. Congratulations, Barb and Andy!

SAVE THE DATE

January 7 & 28, 8am

This month's Men's Breakfast Outings will be at Scrabblers and Capitol Cafe.

January 22, 12:30pm

Birthday, Anniversary & New Resident Party will be held in the community room.

Our Mission

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

Our Values

- C**ommitted to the resident experience
- A**ttentive to individual needs
- R**espectful to all
- E**ngaged in our local community
- S**erve with integrity



Matterhaus residents travel to the Wisconsin Museum of Art for their Spark! program. This outing focuses on the social, emotional, intellectual, and spiritual GROW components.

Blu Grotto: The Importance of Engagement

By Mari Pat McAuliff, Director of Memory Care Services

Research reflects the engagement of social, cognitive, and physical abilities in everyday life can slow the progression of dementia. Within Blu Grotto, our programs nurture the highest level of ability in the safest environment possible for the individuals we serve.

The Capri teams focus on program components of wellness and refer to this program as Gain and Retain Overall Wellness (GROW). Combined efforts of the care professionals and managers offer the GROW components of physical, emotional, spiritual, vocational, intellectual, and spiritual programs.

While experiencing symptoms of dementia, some individuals find it

difficult to independently pursue life balance and well-being. Our signature and partner programs are designed to address individual needs and challenges by incorporating their interests, using creativity, variety, and adaptation for successful engagement in daily life.

“Our programs nurture the highest level of ability in the safest environment possible.”

You'll be able to learn more about our signature programs – Mindful Matters, Field to Fare, and From Me to You – in next month's Sentinel.

It's time to Cozy Up to Winter and shake those winter blahs. Below are some great tips. Try to incorporate at least one into your daily routine.

Be Active.

If you don't already exercise, get started. It can be as simple as a daily walk with friends or performing exercises while watching television or listening to music. Participate in activities and outings, visit with neighbors, and get out with family and friends.

Use Time Management and Routines.

Set your alarm. Make a to-do list. Arrange a wake up call. Make a commitment by establishing a routine or joining groups with scheduled times. Whatever it takes to get you up and at it. Having a set routine and purpose for each day improves your overall contentment and satisfaction.

Stimulate Your Brain.

Boredom can be a sign that you are not being stimulated or challenged. Try solving daily Sudoku, crossword, or jigsaw puzzles. Play online games that require mental acuity such as Scrabble. If you enjoy playing cards, get a group of friends together to play each week or a book club to discuss books you read.

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



Cozy Up to Winter Organization

By Brit Blackwelder, Director of Finance & Owner/Organizer of *The British Way*

Decluttering, organizing, and/or downsizing can be overwhelming to even think about where to begin! But start chipping away and do a bit every day and you will be amazed at how much you can accomplish.

You may have a house filled with things you've collected over your life. You may even have multiple homes. What I can tell you is that you can do it; you just have to start somewhere and remember there are professionals if you don't think you can, or don't want to, go at it alone. Maybe you've heard about professional organizers but you're not really sure what they do or why you would hire one. Professional organizers are detail-oriented professionals that will help you go room-by-room, drawer-by-drawer, book-by-book and help you determine what you definitely want

to keep and what you're ready to part ways with. You might consider hiring a professional organizer if you are overwhelmed and don't know where to start, aren't interested in doing it yourself, or need a neutral third party to help you make decisions.

I break down the decluttering progress into 7 main steps:

- Determine your time frame
- Determine your plan
- Break the project down into pieces
- Start with manageable tasks and work up to bigger tasks
- Eliminate rooms you won't have in your new home first
- Give yourself time to reflect and reminisce
- Use this process as an opportunity to bond with family and friends

Happy organizing!

Resident Spotlight

Meet Ardiss N, Heritage Place

Ardiss was born in Spirit, WI, about 20 miles from Tomahawk. She helped her father who worked on a farm. Later, she worked with her family at a grocery store and restaurant. Ardiss has a daughter Sherrie who married Matthew. They have four children: George, James, Emily, and Peter Thomas, who weighed in at 10 pounds when he was born just a few weeks ago! Moving from her daughter's home and all the grandchildren was hard for Ardiss, but she knows it's best for everyone. She's very thankful for all her family has done for her.



Ardiss' love of crafts led her to work at Ben Franklin. She always liked to sew and has made many quilts.

Unfortunately, her arthritis now limits those pursuits. One day, though, she tried an adult coloring book and was

hooked! "I'm Ardiss the artist," she said with a twinkle in her eye. "I want others to try it, they might like it, too." She also loves to watch auto racing as some of her family race.

Ardiss has been to the usual activities, but she's glad she's branching out and trying new ones, too! She's also thankful to be able to go to religious services in our chapel. "And the food's pretty good here, too," she said, smiling.

Thanks for sharing your story, Ardiss!