

A Time to Soar High

By Nick Cassell, Executive Director at Casa del Maré

Soaring High in July is the GROW theme this month and with Independence Day right around the corner, learning about the Honor Flight is on the agenda. An Honor Flight is dedicated to transporting veterans to see memorials throughout Washington, D.C., so they can pay their respects and reflect on the war or wars in which they served. Currently, most Honor Flights are dedicated to Veterans who served in WWII or any veteran with a terminal illness. The program will eventually be transitioning to serve those who served in the Vietnam War and the Korean War.

Veterans are escorted by volunteers. After landing in Washington, D.C., the veterans are greeted by cheering crowds, fire trucks, police vehicles, and all types of people and organizations who appreciate their service to our great country. The Honor Flight Network was created in 2005 and originally consisted of six small planes, flying 12 veterans at a time into Washington, D.C.



Summit Woods resident Fred D. went on the Honor Flight in October 2016.

Since 2005 the program has grown and over 159,000 veterans have participated! For more information or to apply, visit www.honorflight.org.

Check out the article in the purple box to learn more about another great program that gives back to our veterans: Ageless Aviation Dream Flights.

Veterans Take to the Skies

By Meghan Davis, Director of Lifestyle Enrichment

Last month, at Crites Field at the Waukesha County Airport, WWII, Vietnam War, and Korean War veterans from Capri Communities took off on flights in a 1940's Boeing Stearman, the airplane used to train military aviators in the late 30's and 40's, courtesy of the Ageless Aviation Dreams Foundation (AADF). AADF is a non-profit organization founded by Darryl Fisher to honor U.S. military veterans living in long-term care communities.

Residents who took the flight, all pictured below, included Ken S. from Summit Woods; Leo M., Celestyn M., Darrell B., and Ken R. from Harbor Campus; Mark N. and Roger M. from St. Catherine Commons; and Paul D. from The Gables of Germantown.



"It was very exhilarating. It was an awesome flight from start to finish," said Ken S.

These dream flights are made possible by sponsors like Direct Supply and Sport Clips Haircuts. Next year, Capri Senior Communities is sponsoring the Spirit of Wisconsin, the plane that will serve veterans in the Midwest.



Lessons from



Living with Arthritis

Osteoarthritis, the most common form of arthritis, gets worse over time and is caused by trauma or a defect in the smooth, white tissue covering the ends of the bones where they come together to form joints. Occupational Therapists can help people with arthritis live life to the fullest by maximizing their ability to participate in activities through the use of adaptive equipment, compensation, and exercise.

To reduce pressure and discomfort in your hands and

stress on joints:

- Use household and gardening tools with larger, ergonomically designed handles or tools
- Replace round doorknobs and faucet handles with lever-style handles
- Use cards or carriers to transport groceries or other heavy items

To reduce pain before, during, or after activities, apply either heat or cold to joints. To have more energy, participate in light exercise, eat well, and get enough sleep.

Laugh Out Loud

I bought my friend an elephant for his room.
He said, "Thanks."
I said, "Don't mention it."

What's New At Capri?

Killarney Kourt Resident Gives Commencement Speech

Lynne V., a resident of Killarney Kourt, served as a nurse in Vietnam, Desert Storm, and on the USS Hope, a hospital ship. A fellow nurse recommended her to be the guest speaker at the Great Lakes Naval Base graduation last month. Her friends and neighbors at Killarney Kourt helped her get ready before a limousine adorned with flags came to pick her up and take her to the base where she was escorted by honor guards. Her son surprised her at the ceremony, where, in addition to giving a speech, she received

a medal of honor, met Senator Paul Ryan, and celebrated with champagne.

Hyland Campus Couple Celebrates 75 Years of Marriage

Congratulations to **Hyland Park** residents **Ken and Connie D.** on 75 years of marriage. They were married on July 11th, 1942, in St. Johnsville, NY. Connie said to have a successful marriage “there has to be equality, courtesy, and compromise.”

Residents, families, and staff had a great time. Find more photos on the Summit Woods Facebook page!



Summit Woods Family Picnic

Summit Woods hosted its annual family picnic last month with a special country-themed celebration (pictures in article).



This month in

Celebration

Canada Day, July 1

A federal statutory holiday, Canada Day celebrates the anniversary of the July 1, 1867, enactment of the Constitution Act, 1867, which united the three separate colonies of Canada, Nova Scotia, and New Brunswick into a single Dominion within the British Empire called Canada.

Independence Day, July 4

Also referred to as the Fourth of July in the U.S., Independence day is a federal holiday commemorating the adoption of the Declaration of Independence in 1776 on July 4 by the Continental Congress. It declared that the thirteen American colonies regarded themselves as a new nation and were no longer part of the British Empire.

Getting to Know You Month

July is dedicated to learning more about the people around you. Join an activity you normally wouldn't or invite a new friend over for a meal!

Cranium Crunches

Analogies. Determine the relationship between the first two italicized words. Then find the word with a similar relationship.

Example: Win is to lose as stop is to ___ (go).

1. Cat is to kitten as cow is to _____.
2. Triangle is to three as square is to _____.
3. Rose is to flower as elm is to _____.
4. January is to garnet as April is to _____.
5. Month is to year as hour is to _____.
6. Drive is to car as sail is to _____.
7. Slowly is to adverb as crazy is to _____.
8. Sanitary is to clean as soiled is to _____.
9. Tweet is to bird as quack is to _____.
10. Eggplant is to purple as zucchini is to _____.

1. calf 2. four 3. tree 4. diamond 5. day 6. ship/boat 7. adjective 8. dirty 9. duck 10. green

Blueberry Bubbly

Ingredients

- | | |
|------------------------------|-------------------------|
| 2/3 cup sugar | 1 cup fresh lemon juice |
| 2/3 cup water | 2 cups ice |
| 1 1/2 cups fresh blueberries | 3 cups club soda |
| 1 teaspoon lemon zest | |

Directions

Combine sugar, water, blueberries, and lemon zest in a saucepan. Cook over medium heat for 5 minutes until sugar has melted. Strain mixture through a fine sieve and place liquid in a blender. Add lemon juice and ice. Blend until smooth. Transfer mixture to a pitcher and stir in club soda. Serve immediately.

