

## Make the Most of Your Wisconsin Summer

By Stephanie Kucher, Marketing Coordinator

Wisconsin winters are tough, but every Wisconsinite receives a reward for putting up with below-zero temperatures and snowstorms in May: a beautiful, refreshing summer. Cities across the state put on large and small events to help us take full advantage of our summer months.

If you live in the Milwaukee area, you can gather some friends together and reserve a seat on a docent-led trolley tour to learn about Milwaukee's new downtown sculptures. Or visit Harbor House, near the Milwaukee Art Museum, on Sunday and Monday nights for free live music.

The Bandshell in Pennoyer Park (which should be familiar to residents of St. Catherine Commons in Kenosha who live right across the street) hosts a free Kenosha Pops Concert every Wednesday. Kenosha's Civil War Museum hosts a free summer lecture series on varying, interesting topics.

Madison-area Wisconsinites have a plethora of outdoor events to enjoy including Concerts on the Square, farmer's markets, and patio concerts. The Olbrich Botanical Gardens is a favorite for Hyland Campus residents.

Carpool to events with your friends, share with your loved ones and make it a family outing, or suggest a trip to your Lifestyle Enrichment team! At the very least, make sure you get some fresh air on your community patio and make it a point this summer to enjoy the nice weather (with sun protection and water, of course)! If you'd like to learn more about the events listed in this article, please check out our blog on our website.

Stay tuned for next month's newsletter for more Wisconsin fun: August's GROW theme is *Discover Wisconsin*.

## Capri Vets are Flying High

By Meghan Davis, Director of Lifestyle Enrichment

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



"I think it was neat," U.S. Navy veteran John T. said of the experience from the open-air cockpit. "With jets, you're way up high, you can't see hardly anything. With a biplane, you're down low enough to see what's going on."

Next year, our veterans will be able to fly in the *Spirit of Wisconsin*, a WWII era plane that was sponsored by Capri Senior Communities. The *Spirit of Wisconsin* will serve veterans receiving flights from AADF in the Midwest.



## Lessons from



**Low Back Pain.** 80-85% of the adult population in the U.S. experience low back pain in their lifetime. Herniated disc, spinal joint stiffness, muscle strain or spasm, degenerative joint disease, and spinal fractures (trauma) are just a fraction of causes.

Typical symptoms are low back and buttocks pain, achiness, numbness, muscle spasm or cramping, stiffness, and difficulty sleeping.

If you are experiencing back pain, it is important to speak to your health care provider so they can determine the cause

and decide the best way to treat this pain. Some examples of treatment options, per your physician's recommendation, include Physical and/ or Occupational Therapy, medications, injections, yoga/Tai Chi, and, in severe cases, surgery.

To prevent future back strain or injury, try to keep as active as possible, do not sit for prolonged periods of time, maintain an upright posture with tummy tight whenever possible, and keep your chin and chest up when walking. Try not to lean on your walker if you use one.

## Laugh Out Loud

A man came by my house today asking for donations for the new town swimming pool; I gave him a glass of water.

## What's New At Capri?

**Cultural Arts at Ozaukee County Fair Harbor Campus** resident artists Viola M., Claudia C., and Marsha U. will be submitting artwork to the Ozaukee County Fair in the Open Class Cultural Arts Senior Division. Stop by the Fair, open August 1<sup>st</sup> through the 5<sup>th</sup>, to find their artwork!

### Commit to Memory

Capri Senior Communities is sponsoring the Alzheimer's Association's Commit to Memory event on Wednesday, August 1<sup>st</sup>. This event, emceed by Alzheimer's Champion Bonnie Blair, will feature artwork from the Memories in the Making program, Amazing Grace Gospel

Choir performance featuring those with dementia and their caregivers, a presentation by Dr. Michelle Braun and Dr. Piero Antuono, and more. Tickets are \$75 each and include an epicurean menu from Chef Jack catering. If you are interested in attending, please contact Amanda at [agabert@alz.org](mailto:agabert@alz.org).

### Summit Woods Family Picnic

A big congratulations to Summit Woods on their successful family picnic (pictured at right). They raised over \$125 for Special Olympics. Thank you to residents, families, the Summit Woods team, and our volunteers for making it a great day!



## Resident Spotlight Meet Ginny C., Heritage Place

A midwife delivered Ginny in Sussex, Wisconsin. Her parents moved to Waukesha where she was raised as an only child. Luck was with her one day when, as a teen, she stepped outside of her house and a bullet from a .22 rifle just grazed her stomach!

Ginny met her husband Carl while working at White Rock Bottling Co. They moved to Madison so Carl could go to college while she worked at Imperial Department Store and, later, Stoliker Woodwork Shop. After a short stay in Ohio, they moved back to Wisconsin and raised two great daughters, Janet and Joyce. They had a three-acre farm with 120 chickens, 83 ducks, one pig, and one goat. "The goat kept ramming the side of the car because he mistook his own reflection for another goat," she said.



Ginny took care of the altar weekly as an active member of Pilgrim Lutheran Church. An avid bowler, she received many trophies over 30 years and even went to the International State Tournament. When she and Carl retired, they moved to Bradenton/Sarasota, Florida, on the channel where they fished every day. During their 50 years together, Ginny and Carl traveled the U.S. in a tent camper, sometimes taking their three grandchildren along.

After Carl passed, Ginny moved back to Wisconsin to live at Heritage Place. She keeps busy with the Social Committee, helping with bingo, and sewing. Despite her painful spinal stenosis, she sits on the patio during nice days assembling lap covers for nursing home and cancer patients. With the help of several Heritage knitters they've made over 150 covers!

Thank you for sharing your story, Ginny!

## Feta Tomato Dip

### Ingredients

- 1/3 cup olive oil
- 3 Roma tomatoes, seeded & diced
- 4 green onions, sliced
- 8 oz. feta cheese, crumbled
- 2 tbsp. Greek seasoning
- 1 fresh baguette, sliced

### Directions

Drizzle the olive oil on a serving platter. Sprinkle tomatoes, green onions, and feta in an even layer over the olive oil. Sprinkle with Greek seasoning. Using a spoon, gently combine the ingredients. Serve with baguette slices.



This month in

## Celebration

### Canada Day

Sunday, July 1

### Independence Day

Wednesday, July 4

### National Sugar Cookie Day

Monday, July 9

### National Gorgeous Grandma Day

Monday, July 23

### International Day of Friendship

Monday, July 30

## Community Corner at Heritage Place

**Accepting Donations.** We are accepting donations of the following items: cotton flat sheets, 3-ply worsted yarn skeins (especially white), and size 6-8 knitting needles for our afghans and comforters we donate to nursing homes and the homeless. The Crafts Group is in need of clean, 4-inch clay pots, acrylic paint, glass globes, and ceramic mugs with printed sentiments or Wisconsin sports team logos.

**Walk to End Alzheimer's.** We'd love it if you joined Team Heritage Place or shared information with your loved ones. Connect with your Lifestyle Enrichment staff to learn more!