

Take Charge of Your Brain Health

By Mari Pat McAuliff, CTRS, Director of Memory Care Services

Throughout your life, your brain's job is to help you make sense of the world, help to oversee your daily function and well-being. Brain function also includes the ability to learn, remember, pursue and enjoy leisure, concentrate, and maintain a clear mind. The strengths of your brain also include managing information, logic, judgment, perspective, and wisdom. Brain health is all about making the most of your brain and helping reduce some risks to you as you age.

Age is not the only thing to blame for brain health decline. Like a muscle, your brain needs constant exercise to stay in shape.

Modern technology denies exercise to certain areas of our brain. But wait, you don't have to toss that phone or computer out the window! Here's what you can do for good brain health.

Learn more. It's never too late to take a class, read, or play a game. Keep those neurons on fire! Think of things you've always wanted to do.

Take charge. Manage your health, know your medication and their side effects, limit or avoid alcohol all together. Challenge yourself both physically and emotionally.

Get moving. Older Americans need on average 150 minutes of exercise each week. This helps to increase blood flow to the brain and reduce falls and strokes.

You don't have to look far for brain power solutions. Capri's Gain and Retain Overall Wellness (GROW) program uses the six components of wellness to build its program of events so it's easy to maintain the best brain health possible. Talk to your Lifestyle Enrichment team for suggestions. Wishing you great brain health and power galore!

Read the full article here: goo.gl/w3PFZ8

Memories Through Art

By Meghan Davis, Director of Lifestyle Enrichment

Residents from our memory care support neighborhoods at Casa del Maré and Mätterhaus showed off their talents last month in conjunction with the Alzheimer's Association's Memories in the Making (MIM) program. Casa del Maré featured a watercolor demonstration so families and community members could view the artistic process residents take at their weekly sessions. The Mätterhaus poetry group presented some of their original pieces created through the Alzheimer's Poetry Project.

With encouragement of a trained facilitator, residents with Alzheimer's disease and other dementias, and most without any art experience, are able to create meaningful works of art through the MIM program. Nancy Armitage, the Southeastern Wisconsin MIM Coordinator, noted, "The program offers an emotionally safe environment with positive messages. It is designed to be fun but also serves as a communication tool for families and professional caregivers to learn more about the person with dementia."

We're proud to announce Village Pointe Commons was recently selected as an additional location to offer this unique art program by the Alzheimer's Association.



Lessons from



The benefits of staying active.

Staying active increases your metabolism so you can burn calories allowing you to keep off extra weight or even lose unwanted weight. Physical activity reduces the impact of illness or chronic disease by improving heart health and blood pressure and increasing bone density, blood circulation, and digestive function. It can also help decrease the risk of falls by improving flexibility, strength, and posture. Activity also improves the quality of your sleep, boosts self-confidence, and

benefits brain function.

Here are some tips to fit exercises into your daily routine.

- Aim for 30 minutes of exercise each day. It can be broken into smaller increments throughout the day.
- Perform arm and leg exercises and stretches while watching television.
- Use canned goods or water bottles to add resistance.
- Take a long walk or several short walks.
- Participate in activities in your community.

Laugh Out Loud

- "My son came to visit me for summer vacation," said one friend.
- "How nice," said the other friend. "Did you meet him at the airport?"
- "Oh, no," said the first friend. "I've known him for years!"

What's New At Capri?

Veteran Flyers Selected for Dream Flights

Eight Capri Community residents were selected to participate in the Ageless Aviation Dream Flights on Friday, June 22nd at Crites Field in Waukesha. Ed Green, John TeStrake, Bill Dewsenberry (Village Pointe Commons); Ron Fredrickson (St. Catherine Commons); James Heiser (Harbor Campus); and David Spoerke, Claude Holzem, and Ed Arb (Hyland Campus) will each receive a ride in a fully restored Boeing Stearman biplane. Join us on this special day to help celebrate our veterans!



We Are Family!

We're celebrating families this month! Summit Woods is hosting their annual family picnic on June 16th. Hyland Campus is hosting a

summer bash on June 21st.

Happy CNA Appreciation Week

Certified Nursing Assistant appreciation week starts on June 10th. Thank you to our dedicated care staff!

Jammin' Colors

Get colorful this month to show your

support! Wear blue on Friday, June 15th to remind men of the importance of staying healthy. Wear purple on Thursday, June 21st, the longest day of the year, to support those affected by Alzheimer's Disease. Harbor Campus is celebrating the longest day of the year by hosting a Walk to End Alzheimer's Team Kick-Off Party and Brat Fry.



This month in

Celebration

Ramadan

Ends Thursday, June 14

CNA Appreciation Week

Sunday, June 10
Sunday, June 17

Flag Day

Thursday, June 14

Father's Day

Sunday, June 17

Cranium Crunches

Change the Last Letter. Make a word into a new word by changing the last letter.

1. Change a parking ticket fee _____ to an informer _____.
2. Change the act of distributing playing cards _____ to a non-hearing person _____.
3. Change a square box _____ to baby bears _____.
4. Change an upper part of the body _____ to a pile _____.
5. Change a baby sheep _____ to a device that produces light _____.
6. Change a Halloween costume item _____ to the tallest part of a sailing ship _____.
7. Change a future tulip _____ to the greatest part of something _____.
8. Change a boy or man _____ to a place to go shopping _____.
9. Change a knitting material _____ to a measure of length _____.
10. Change a hearty soup _____ to the act of moving feet to music _____.
11. Change an edible part of a fruit _____ to the opposite of push _____.

1. fine, fink 2. deal, deaf 3. cube, cubs 4. head, heap 5. lamb, lamp 6. mask, mast 7. bulb, bulk 8. male, mall 9. yarn, yard 10. stew, step 11. pulp, pull

Community Corner at Heritage Place

Pajammin' in June. Heritage Place is collecting pajamas and books for the Pajama Program. The Pajama Program is a not-for-profit organization that provides new pajamas and books for children in need. Help make a difference by donating new pajamas of any size, new books, or by making a financial donation. Speak with your Lifestyle Enrichment staff for more information.



The Best Applesauce Cake

Ingredients

3 cups flour
2 tsp. baking soda
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. allspice

1/2 tsp. salt

1 cup sugar
1 cup Miracle Whip
1/2 cup milk
2 cups applesauce
1 tsp. vanilla

Directions

Preheat oven to 350^{oF}. Spray a 9x13 baking pan with cooking spray. Flour the pan. Combine first seven ingredients in a mixing bowl, set aside. Combine final five ingredients in a large bowl. Slowly stir in dry ingredients, mixing until just combined. Transfer batter into the prepared baking pan. Bake 35 minutes. Allow to cool before serving.

