

JUNE 2019

Serve With Integrity

By Wayne Wiertzema, Senior VP of Development, & Cindy Robinson, VP of Sales & Marketing

The end cap of CARES is “serve with integrity.” Sometimes it is hard to explain, but we know it when we see it. We feel it when it is shown. Integrity is living out and respecting the commitments you make and the people you make them to. Our caregivers who live out commitments shine bright and are recognized by our residents, their loved ones, and peers. It is a value that displays the small gestures that make the biggest difference. It is doing or saying something that goes beyond just “doing their job.” It is displayed in ways that are genuine and from the right place. It is having the ability and awareness to know your actions and behavior have a different effect on the person or people around you.

A family member wrote a Google review of Lauren (pictured above right), a caregiver at Heritage Place. Lauren provides the best illustration of this value in action.

The family member wrote, “... Lauren stopped in the parking lot on her way out when she noticed my mother struggling to get out of her car. The young lady walked over and asked to give my mother a hand and walked her in. I’m very thankful for the quality of care and good people in this [community].”

Most often, we don’t recognize when we “serve with integrity” because it is part of our DNA and the reason our team have chosen a career in this industry. Our values call out what is inherent in all of us.



Celebrating our Memories in the Making Stars!

By Meghan Davis, Director of Lifestyle Enrichment

The Alzheimer’s Association’s Memories in the Making (MIM) program offers creative art expression for individuals with Alzheimer’s and other dementias. Participants, most with no prior art experience, create watercolor paintings and share stories about their art. These memories are documented and shared with family, friends, and staff.

The Alzheimer’s Association hosted an annual tea party last month for artists in the program and resident artists were recently

celebrated at Mätterhaus’ Arty Party and Casa del Maré’s Gallery Night.

Pictured from top: Terry (Village Pointe Commons); Memory Care Manager Beth & Nancy (Harbor Campus)



Our Mission

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

Our Values

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

Lessons from *Lessila Therapy*

Reach for the stars to uplift your mood! If you are experiencing low energy or perhaps feeling a bit down, a good stretch can help your body and mind. “Stretching releases dopamine which helps you feel happier and more positive,” said Dr. Simon Floreani, Ambassador for Allied Health and Prevention.

Here are a couple stretches you can try. Try to hold each stretch for 5 seconds and repeat each stretch 5 times. Remember to breathe.

While lying on your back:

- Bring your right knee to your chest and hug the knee for 5 seconds. Repeat on the left side.
- Extend your legs and point toes; visualize a string pulling your legs/toes to the foot of the bed.

While seated in a chair:

- Slowly and with full range, roll your shoulders back 10 rolls then forward 10.
- Bring arms up over head, reach for the ceiling, keeping your arms stretched and bend slowly from the waist to the left as far as you can and then to the right. 5-10 times each side.

Laugh Out Loud

Sirius, the dog star, is moving closer to Earth at a rate of nine miles per second. This means someday we could be in Sirius trouble.

What's New At Capri?

Last Call for Applications!

Capri Communities are participating in their sixth annual Ageless Aviation Dream Flights. If you are a veteran, a spouse of a veteran, or have an interest in aviation and would like to take part in this incredible (and free!) experience, please see the office for an application by Friday, June 7th.



from our communities participate in the Alzheimer's Association's Walk to End Alzheimer's. All funds raised through the Walk furthers the care, support, and research efforts of the Alzheimer's Association. Learn more about your community's team by visiting the following website: bit.ly/2QjRAmT

Calling All Summer Volunteers!

Volunteer opportunities and hours are available at all Capri Communities. We welcome high school and college students to volunteer with us to gain experience or earn service hours; or folks of all ages who just want to do some good! Sign up details

are found at this website: bit.ly/2MfpJ9d

Palazzo del Maré Variety Show

Residents of Palazzo del Maré recently hosted a variety show. The program was done for the residents by the residents and had six acts including skits, poetry, comedy, a radio show, and cello and choir performances with an MC and director. Residents also made all the programs and posters. Director Jan D. said, "We rehearsed and had planning meetings during the winter when we couldn't get out as much. I enjoyed seeing it all come together and we're looking forward to doing it all again!"

Walk to End Alzheimer's

Each year, residents, staff, and families

Resident Spotlight

Meet Wendy & Maria, Heritage Place

Wendy and Maria are two of our legacy residents at Heritage Place!

Wendy was born at St. Joseph Hospital in Milwaukee. She worked as a beautician and then at Bowler's Bowling Lanes in catering and behind the counter. Wendy has three children with her first husband and two with her second; she also has eight grandchildren!

Wendy enjoyed musky fishing and collecting rooster and rose figurines - she has over 350 pieces! She loves bingo (with the high stakes of a nickel a card!), Skip-Bo, and recently enjoyed our Mother's Day High Tea. Her favorite travel destination is Edisto Island in South Carolina.

"Heritage Place has so many nice qualities," said Wendy. "The staff has been very nice and helpful with many things." She knew Heritage Place was perfect for her because her mother lived here from 2002 to 2005, making Wendy a legacy resident. "Mom

felt safe and secure. She never had a complaint!"

Maria was born and raised in Milwaukee. She met her husband Tom in 7th grade. They married in

1961 after Tom got out of the Army. Together they have three sons: the oldest is a cardiologist, their middle is a dentist, and the youngest is CEO & President of Hallcon, a transportation logistics company. Maria and Tom have seven grandchildren and two great-grandchildren.

Maria enjoys reading and doing jigsaw puzzles. Her father lived at Heritage Place years ago, which makes Maria a legacy resident as well.

Thank you for sharing your stories, ladies!



Avocado Chickpea Salad with Kale

Ingredients

2 tbsp. lemon juice

1 clove garlic, minced

1/4 tsp. salt

1/8 tsp. ground black pepper

1/4 cup extra virgin olive oil

8 cups kale, stems removed

15 oz. can garbanzo beans, drained & rinsed

1 ripe avocado, diced



Directions

Whisk lemon juice, garlic, salt, and pepper together in a large bowl. Slowly drizzle in olive oil while whisking until creamy. Add kale. Using your hands, firmly tenderize the kale while simultaneously incorporating it with the dressing. Fold in garbanzo beans and avocado. Cover and chill until ready to serve.

Community Corner

at Heritage Place

Warm Welcome. Welcome to our new nurse Kay Knipfel, RN BSN! Kay is a Carroll College alumni. Stop by soon and say, "Hello!"

Wear Your Blues. Friday, June 14th is Wear Blue Day in support of men's health. Wear Blue was created by the Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

