

MARCH 2019

Attentive to Individual Needs

By Steve Kassens, Director of Asset Management

The teams at Capri Communities work hard to make sure our residents are proud to call their community “home.” They take time to meet the individual needs of each resident. In our maintenance team’s case, this could mean helping with a cable connection to hanging a picture on the wall. The little things make a big difference. It is always nice when families assist with the special touches, but we are always there when needed.

Residents of our communities are always able to share what they want, and we hope we can achieve what is needed. As the Director of Asset Management, it is my responsibility to ensure the buildings and grounds are safe and kept up for you.

The maintenance team members of the communities spend hours to meet the needs of our residents – they treat every resident or team member’s issue as the highest priority. This approach results in

a seemingly instantaneous response no matter how small or large the challenge. From painting to appliance issues to general troubleshooting, the maintenance team members are not only highly responsive but also flawless with follow-through.

The positive attitude of our maintenance team is certain to ripple through the community and is an important part of the culture. No matter how busy they may be, each resident should feel like they are the only person in the building based on the maintenance team’s personalized approach.



Steve E., maintenance at Hyland Campus, makes sure each resident and team member’s concerns are addressed and completed promptly.

Vocare Volunteers

By Meghan Davis, Director of Lifestyle Enrichment

A big thank you to the student volunteers from Divine Savior Holy Angels that volunteered in many of our communities as part of their Vocare Service Immersion Program. Students spent two weeks at The Gables of Germantown, Heritage Place, The Landmark, Summit Woods, Village Pointe Commons, and Wilson Commons leading group activities with residents and spending one-on-one time getting to know and learning from residents. Some planned larger events such as a talent

show at The Gables. The students gained a deeper understanding of the challenges of life as a senior, especially those with Alzheimer’s or dementia. Nada Rodriguez, Mütterhaus Memory Care Manager, noted that this experience will help students in the future. “Alzheimer’s is an epidemic and it’s just going to get worse. The younger generation that actually takes time to volunteer with this older generation... can still learn so much.”

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*

You catch a whiff of apple pie, school glue, newspaper, or fresh-cut grass and suddenly you’re immersed in a flurry of vivid memories, often from your childhood. What is it about smells that can trigger memories so strong and real it feels like you’ve been transported back in time?

Research shows that odors are especially effective as reminders of past experience, much more so than cues from other senses like sight and sound. Separate research also revealed that both young and old adults were able to recall more than twice as many memories when they were associated with an odor, which, according to researchers, provides “evidence for substantial olfactory cuing that is remarkably intact in old age.”

One reason this might be has to do with the way your brain processes odors and memories. Smell gets routed through your olfactory bulb, the smell-analyzing region in your brain. It’s closely connected to your amygdala and hippocampus, brain regions that handle memory and emotion.

Laugh Out Loud

Why did St. Patrick drive all the snakes out of Ireland?

He couldn’t afford the plane fare.

What's New At Capri?

Capri Centenarian Club



Elvira P. (pictured left), resident at Harbor Campus, celebrates her 100th birthday on March 6th. She says her secret to living a long life is by always doing good and taking care of her family. Wilson

Commons resident Stella D. (pictured right) celebrated her second year in the Centenarian Club - she turned 102 on February 28th. Happy birthday, ladies!

Emerging Leader Award

Congratulations to Amy Fouts, Regional Director of Operations, on being selected as an Emerging Leader in Waukesha County by the Waukesha County Business Alliance. She will be honored by the Alliance at a luncheon in late April to celebrate her accomplishments.



Employee Appreciation Day

March 1st is Employee Appreciation Day. Thank you to all of our hardworking staff for

helping us enrich the lives of our residents every day!



Care team staff at Wilson Commons pose with residents Audrey and Gordon who celebrated their 51st anniversary on Valentine's Day.

Resident Spotlight

Meet Sam L., Heritage Place

Sam was born in Chicago; he was adopted at birth, which he learned accidentally when he was 10 years old. Through a DNA test last year, he learned he has two brothers and three sisters to add to his family. Sam's children are Steve and Julie. He also has three grandchildren and two great-grandchildren.

Sam lived in South Haven, Michigan, until he was 16, spending his summers at a country resort his family owned. He moved to Chicago where he quit school at 17 and joined the Navy (he later received his GED). Sam got married and moved to California. In 1975, he joined the Army and then worked a lot of jobs until he found himself. He went to nursing school and worked for 28 years in California. When Sam's granddaughter was old enough for school, they moved to Wisconsin. Sam himself went back to school and got his AA in web programming, web design, computer programming, and networking. He is currently about three credits short of a BS in e-commerce.

In his later years, Sam became the Portage County Supervisor,

holding the position for four years. Then he was elected to the Stevens Point School Board and was later asked to run again for the county board as an alderman for two terms for the 4th District. "Who would have thought," said Sam, "that a kid who hated homework and always goofed around would later become a champion of education?"



After a health scare, Sam resigned his offices and moved closer to his son in Oconomowoc. Following a hip replacement and back surgery, Sam moved to an assisted living community in Waukesha but it wasn't a good fit. "I'm glad I found Heritage Place. There are many fine people and the executive director and manager are very hands-on. The food is excellent, but don't tell the chef, it'll go to his head," he said, smiling.

His current hobbies include working on his computer and making his own greeting cards. Sam said, "Now I feel like I am home."

Pot o' Gold Cauliflower Bacon Cheese Bites

Ingredients

12 oz. frozen riced cauliflower, cooked according to package instructions

6 oz. bacon, cooked until crispy

1 egg

1 teaspoon baking powder

1/4 teaspoon salt

1/3 cup chopped scallions

1/2 cup coconut flour

1 cup shredded cheddar cheese



Directions

Preheat oven to 400°F. Spray a mini muffin pan with cooking spray. Combine all ingredients in a large bowl. Spoon mixture by equal heaping tablespoonful into each muffin cup, pressing slightly to firm. Bake 15 minutes, allowing to cool before serving.

Community Corner

at Heritage Place

Spring Cleaning. Join in on spring cleaning and find your pot of gold! Our Drop and Take day will be on Wednesday, March 20th. Residents can drop off unwanted items in the morning and afternoon, others can take what they want away. Remaining items will be donated to the Salvation Army. Clean, gently used clothing can be donated as well, but should be bagged separately.

Pull Together. We are collecting soda can tabs for the Ronald McDonald House. Please put your tabs in the container in the lobby.