

Treasured Memories

By Meghan Davis, Director of Lifestyle Enrichment

The desire to share stories has been going on for thousands of years. Changes in technology have shaped how we communicate, from cave paintings to Morse Code sent via telegraph and handwritten letters taking weeks to arrive to instantaneous tweets on Twitter. The formats may have changed, but the desire to share and find ways to treasure memories has remained.

If you're looking for some new and



Palazzo del Maré residents enjoyed making legacy balls.

fun ways to share your memories, try a memory make-over. Technology allows you to transfer your old memory resources like slides, cassettes, VHS tapes, negatives, and film reels onto DVDs, USBs, and online sharing sites. You can also create keepsakes from loved ones' items such as a teddy bear made from old t-shirts.

Have an old recipe card in a loved one's handwriting? Transfer it onto a tea towel

or frame it. Or, try filling a clear ornament with wedding or funeral flower petals or lyrics from a special song.

Many families create scrapbooks or photo albums of cherished family moments. Whether they are hard copies of the photos or digital photobooks, the stories come alive with every turn of the page. And you can't beat the tried and true method of sharing stories when gathering around the dining room table for a special meal.

How will you share your treasured memories this May?

Stars & Stripes Honor Flight

By Val Cutting, Lifestyle Enrichment Specialist at Harbor Campus

Dave M., a resident of Harbor Campus, was one of the remaining few Stars & Stripes Honor Flight candidates that served during World War II. He was part of the group of 11 WWII veterans, 44 Korean War veterans, and 97 Vietnam War veterans on April 14th who flew on a long-awaited visit to Washington, D.C. Dave served in the Army as a 4th-grade radio operator from 1943-1946 with Company B 270th Engineer Combat Battalion and was stationed in Germany and France.

His daughter Beth B. trained as his travel companion and was able to share this remarkable day with her father. Dave's Harbor Campus family was there to support him every step of the way. They wrote letters and made cards to surprise him with written appreciation through the Honor Flight's *Mail Call*. Residents and staff from Harbor Campus, local Boy Scout troops, personal friends, and family all gathered at General Mitchell Airport to welcome him home. Dave and his daughter were surprised with the outpour of support, love, hugs, and happy tears.

To read this article in completion, visit capricommunities.com/harbor-honor-flight.



Lessons from



Scent and Memories. 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 experiences, much more so than cues from other senses. Separate research also revealed that both young and older 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."

This might have to do with the way your brain processes odors and memories. Smells get routed through your olfactory bulb, which is the smell-analyzing region in your brain. It's closely connected to your amygdala and hippocampus, brain regions that handle memory and emotion.

The close connection may explain why a scent might get tied to vivid memories in your brain.

Laugh Out Loud

Why do Swedish warships have barcodes on them?
So when they dock they can Scandinavian, of course!

What's New At Capri?

Legionnaire of the Year
Village Pointe Commons resident Ken N. (pictured at right) was recently awarded Legionnaire of the Year. Ken is a Vietnam Veteran who served in the US Navy from 1958-1962 in the Mediterranean Sea. He joined the Legion as soon as he could and served many administrative offices and committees. Congratulations, Ken!



Making Mom Proud

Palazzo del Maré at St. Catherine Commons is helping local mothers in need

this month. Donations of new and gently used personal care items to Movers for Mom will help the Women's Resource Center of Racine.

St. Rita Square Development Update

On April 8th, St. Rita Church celebrated a deconsecration service. This morning prayer service was presided over by Archbishop Listecki and Father Tim Kitzke and Father Michael Michalski of Three Holy Women Catholic Parish (all pictured at right). The community reminisced about events that took place in their sacred place of worship.

The celebration ended with an Italian feast and fellowship. Over the next few months, the church and surrounding buildings will be abated and removed in preparation for the construction of the new St. Rita Church and St. Rita Square, a Capri Senior Community. We look forward to celebrating the completion of the Church with the parish as it will have significant meaning to those families who wait in anticipation.



This month in

Celebration

May Day

Tuesday, May 1

Cinco de Mayo

Saturday, May 5

Mother's Day

Sunday, May 13

Shavuot

Begins Saturday, May 19

Armed Forces Day

Saturday, May 19

Memorial Day

Monday, May 28

Resident Spotlight

Meet Doreen W.

Doreen was born in Liverpool, a city in North West England, and raised near a bay in the Irish Sea. At 14 years old, she got a job as a switchboard operator during WWII.

Doreen met her husband Bill while he was stationed in England with the U.S. 8th Air Force. In 1946, Bill flew back to England as a civilian and married Doreen. They moved back to the U.S. and raised two children, Judith and William. "We now have two wonderful granddaughters Carolyn and Amy," she said.

Doreen and Bill's main business was Hart's Custard Drive-In. Later, they enjoyed driving to auctions around Wisconsin seeking antiques. This developed into a thriving home-based business for 10 years.



She has traveled a great deal. "My favorite trip was a beautiful and very interesting five week Mediterranean cruise," she reminisced. On a trip to Spain, Doreen wanted to play Bridge with her friends but didn't know how. At 70 years old, she took a class to learn how to play the game. Soon, she was playing with several Bridge Clubs each week! She now enjoys playing with two different groups at Heritage Place, taking turns as a hostess every fourth week. She also enjoys playing Rummikub on Saturdays and listening to talking books while doing word puzzles.

"It was very hard to leave my home years ago, but I am so thankful to have all the conveniences and opportunities for socializing here," she said of her home at Heritage Place.

Thank you for sharing your story, Doreen!

Community Corner at Heritage Place

Yarn Wanted. We are collecting 3 ply yarn, and are especially in need of white. If you wish to donate some yarn, please stop by the office.

Survive Alive. In honor of Firefighter Appreciation Week, we are collecting donations for the Brookfield Fire Department's Survive Alive Fire Safety Program. Stop by the office if you wish to donate!

Calling All Veterans. Eight resident veterans will take a flight with Ageless Aviation Dreams Foundation in June - see your Lifestyle Enrichment staff for your application today!

Sweet Spinach Apple Salad

Ingredients

1 1/4 cups fresh baby spinach

3 small apples, cored and thinly sliced

1 cup toasted pecans

1/2 cup feta cheese, crumbled

1/2 cup dried cranberries

12 oz bacon, cooked and crumbled

1/2 small red onion, thinly sliced, rinsed and dried

1/4-1/2 cup sweet vinaigrette of choice

Directions

Combine spinach, apples, pecans, feta, cranberries, bacon, and onion in a large bowl. Add desired amount of vinaigrette and toss to coat.

