

# THE SENTINEL

MAY 2019

## Engaged in Our Local Community

By Kristin Ferge, Chief Financial Officer

“Walking in, I thought, ‘I have no idea what I’m going to be doing or what I should say or anything like that,’ so it was kind of nerve-racking,” said Jane Florence, DSHA ‘19, who served at the Gables of Germantown for her volunteer program. “But when I was assigned there, I knew that this is what God wanted of me and where God needed me, and that it was going to be a good experience no matter what.”

Engagement in the local community is one of the cornerstones here at Capri and it can be seen by the various ways we welcome volunteers into our communities and our employees’ and residents’ commitments to volunteering both at Capri and outside opportunities.

This year, Capri partnered with Divine Savior Holy Angels (DSHA) and Marquette University High School to host student volunteers for two full weeks.

Instead of attending classes, these students volunteered in our communities. The experience these students had along with the joy our residents felt in interacting with them is something neither of them will ever forget! Engaging in your local community not only provides value to those you serve but also provides meaningful rewards in return. Get involved!



## We Want You!

By Stephanie Kucher, Marketing Coordinator

Veteran residents and their surviving spouses have the chance to take a free Dream Flight in a Boeing Stearman biplane, the same aircraft used to train military aviators in the 1940s.

This will be the 6th time Capri Communities residents have participated in the Ageless Aviation Dream Flights. Residents will now be able to fly in the *Spirit of Wisconsin*, a plane partially funded by Capri!

“It was wonderful,” said Ed G., Village Pointe Commons resident, of last year’s flight. “We went around the lake, whatever lake it is, I don’t know! And the golf courses, there were guys down there. [The pilot] did a couple of tilts!”

See the office for an application if you’re interested in participating in this amazing experience. All applications are due by Friday, June 7<sup>th</sup>.



## 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*

Keep up your energy with these healthy tips!

**Eat a balanced meal.** Choose foods rich in fiber, vitamins, and minerals. Choose bright, colored vegetables and fruits, lean meats, and nuts.

**Stay hydrated.** Make sure you’re drinking plenty of water. Aim for eight 8-ounce glasses of water daily.

**Stay social.** When you can, eat with friends and family members. Social interaction makes mealtime enjoyable. Remember, it’s okay to have treats, just do it in moderation.

**Stay active and try to get enough sleep.** Thirty minutes of exercise a day will really boost your energy and burn calories. Being active helps us sleep better. It’s recommended that we try to get a minimum of 7-8 hours each night.

## Laugh Out Loud

**Garden Tips from the Daily Times, New Philadelphia, Ohio (1924)**  
Buy vegetables at the store. Hide them in the garden like Easter eggs and claim they grew there.

Throw your empty tomato cans in the garden to let the tomato plants know you are getting impatient.

## What's New At Capri?



### April Was National Poetry Month

Char K., a resident of Harbor Campus, was featured at a poetry reading at Oscar Grady Library

in Saukville (pictured left). She has been writing poetry for most of her life, but this was her first attendance at a reading, not to mention her first time being featured. Congratulations, Char!

### Capri Centenarian Club

Casa del Maré resident Lillian J. joins



the Club on May 8<sup>th</sup>. Lillian (pictured here in blue with her friend Maureen W) advises everyone to take care of

themselves. "Exercise, eat right, and even get your hair done, too, to make yourself feel good!" Happy 100<sup>th</sup> birthday, Lillian!

### Gallery Night

Casa del Maré will host their gallery night on Thursday, May 16th at 6:30pm. This night will honor their Memories in the

Making artists, Alzheimer's Poetry Project *Wordplay Poets*, and assisted living resident artists!

### Resident Satisfaction Survey

From May 1st through May 17th, please take a few moments to complete our resident satisfaction survey. Once complete, you can return the survey to the designated, secured collection box. Results will be tallied and shared in the month of July.



## Resident Spotlight

### Meet Florence W., Heritage Place

Florence was born in Milwaukee 87 years ago. She grew up in Wauwatosa and recalls the May 10<sup>th</sup> blizzard of 1947 (she was around 15 then). "I was dressed for spring weather and I began walking home because traffic was stopped," she remembers. She and her friend Jean started from 12<sup>th</sup> and Wisconsin, trudging through the snow all day to reach Jean's house. After staying the night, Florence borrowed some winter clothing and headed for home, but only got as far as another friend's house. "I finally arrived home on the third day. I don't remember feeling worried or cold, though!"



Florence worked as a florist at Lockers to put herself through Mount Mary College after having six children. Although she became an Occupational Therapist, she still did floristry in order to provide for her children. When a

florist she knew was having business trouble, Florence helped make it a success. "When the Wisconsin Club saw my flower arrangements, they asked me to be their in-house florist full time... and then some," she said.

Florence got a job as a rehab consultant for Medicare and Medicaid, monitoring therapists' and physicians' billings which were unregulated at the time. She even went to Washington, D.C., for meetings. Florence is also very proud to have been instrumental in setting up a women's shelter in Milwaukee which expanded to aid the homeless.

"At one point one of my daughters asked me how I raised six kids alone, took care of my parents, and was successful in different business ventures," said Florence. "I told her I just did what I had to do. It helped that I was a workaholic!"

Florence is steadfast and loves to partake in activities. She has learned to play Wii bowling, Pokeno, and Dartball. We're so happy to have her here with us at Heritage Place!

## Monster Balls

### Ingredients

1/2 cup creamy peanut butter

1/4 cup honey

1 tsp vanilla extract

1 cup old-fashioned oats

1/3 cup ground flaxseed

1 tbsp chia seeds

1/4 cup mini chocolate chips

1/4 cup mini M&M candies



### Directions

Combine all ingredients in a large bowl. Cover and chill 30 minutes. Roll dough into

1-inch balls. Store balls in an airtight container and chill until ready to serve.

## Community Corner

*at Heritage Place*

**Donations Needed.** We are currently in need of yarn, artificial flowers, and ribbon. Please see Vicki if you have something to share!

**Congratulations!** Vivian S. was recently recognized by the City of Brookfield Parks, Recreation, and Forestry Department for a descriptive essay *What Would Happen if All the Trees in Brookfield Were Gone?* which she wrote for Arbor Day 2019. Congratulations, Vivian!