

Attitude of Gratitude

By Gail Skebba, Community Manager at Himmel Haus at The Gables of Germantown

How do we have an Attitude of Gratitude in our lives? We can start by making a habit to express thankfulness and appreciation in all areas of our life, for both large and small things.

This is the season when giving thanks always comes to mind. We are given reminders because of our Thanksgiving holiday. Thanksgiving gives us these reminders to be thankful for all we have in our lives, but what about the rest of the year? Every day of our lives is not going to be perfect or what we want it to be like.

However, if we focus on what we should be grateful for and not the negative part of our day, maybe we can see that the good things will outweigh the bad.

Showing gratitude can not only lead to mental health, but also



Residents at Himmel Haus have an Attitude of Gratitude when they add things they are thankful for on their Thanksgiving Tree.

physical health and wellbeing in our lives. Being grateful can be a positive influence on our attitude and will keep us aware of all our blessings not just during the Thanksgiving season, but all year long!

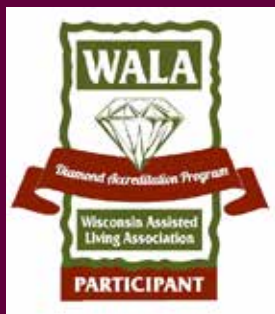
It may take a while, but having an Attitude of Gratitude will be one of the most healthful habits we can achieve in our lives.

WALA & DAP - Not Just In Alphabet Soup!

By Meghan Davis, Director of Lifestyle Enrichment

Capri Communities is a member of the Wisconsin Assisted Living Association (WALA). WALA was founded in 1994, during a time when assisted living was growing as a preferred option for seniors and families seeking compassionate, non-institutional care environments. Its mission is to support providers in enhancing the best quality of life for Wisconsin residents in assisted living through advocacy, education, communication, and quality initiatives.

Capri's assisted living communities are members of WALA's Diamond Accreditation Program (DAP), a voluntary quality management program. The program's goal is to improve and maintain high standards of quality care and services for residents of Wisconsin's assisted living communities where individual needs are met in a safe, healthy, respectful, and dignified environments. Participation in the DAP shows that a community is dedicated to continuous quality improvement.



Lessons from



Optimism Helps! Studies have shown that having an optimistic attitude can have great health benefits including a longer life span, lower rates of depression, reduced risk of illness, and better physiological and physical well-being.

When your state of mind is generally optimistic, you're better able to handle everyday stress in a more constructive way.

Here are some tips:

- Have positive self-talk. Be gentle and encouraging with yourself.
- Surround yourself with positive people.
- Have a sense of humor
- Exercise to reduce stress

Information from Mayo Clinic.

Laugh Out Loud

A snail goes to buy a car. The salesman is surprised when the snail picks out fast, expensive sports car. He's even more surprised when the snail requires that a big red "S" be painted on both sides.

"Why would you want such a thing?" asked the salesman. The snail replied, "I want people to say, 'Look at that S car go!'"

What's New At Capri?

'Tis the Season for Craft & Bake Sales

It's always nice to look for a personal, local touch in the things we purchase and it's especially heartwarming when we gift those personal things to others! On Saturday, November 4, you can visit the **St. Catherine Commons** craft fair from 9am-2pm and the **Summit Woods** craft fair from 10am-2pm. On Saturday, December 2, visit **The Landmark's** craft fair from 9am-3pm and the **Gables of Germantown's** from 10am-2:30pm. **Heritage Place's** craft fair is on December 8 from 10am-3pm.

Harbor Campus' Walk to End Alzheimer's

John G., a resident at **Harbor Campus** in Port Washington, lost his sister to Alzheimer's disease in January 2017. He and **Val Cutting**, Lifestyle Enrichment Specialist, partnered as team leaders in hopes of raising funds to support the research and development for a future without Alzheimer's. John was persistent in generating a team and being a leader. The Harbor Campus team had 43 members including residents, staff, and community family and friends and raised \$3,385. "It was a cold, windy, rainy day, but we still had everyone from our team

attend the walk," said Val. "We were thrilled with the outcome and so were the organizers of the Ozaukee County Walk. They have asked us to host a kick-off party next summer at our community due to the enthusiasm and support that our community shared on this day!" Way to go, Team Harbor Campus!



Val and John during the windy walk!

This month in

Celebration

Veterans Day, November 11

Veterans Day is an official United States public holiday, observed annually on November 11, that honors military veterans. It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I; major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect.

Thanksgiving, November 23

Thanksgiving Day is a national holiday celebrated in Canada, the United States, some of the Caribbean Islands, and Liberia. It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Similarly named festival holidays occur in Germany (Erntedankfest) and Japan (Kinrō Kansha no Hi)

Resident Spotlight

Meet Myrtle S., Heritage Place

Myrtle was raised with her siblings (she's the middle sibling) on a family farm in Oconomowoc. She attended Prospect Hall School for Girls. Myrtle continued to reside in Oconomowoc where she raised a son and ran a corner grocery store with her husband. "I feel blessed to still have my brother, who is 87, and my sister, who is 93 years old," she shared. Myrtle herself just celebrated her 100th birthday on April 21st!

Myrtle worked as a secretary at Brownberry Bread. "I had to take the company's checkbook home each day because there wasn't a safe!" She also worked for Carnation, the Unemployment Compensation Division for Wisconsin, and at the Department of Aging.



Residing at Heritage Place for 25 years, Myrtle has the distinction of being the longest-term resident. Within five months of moving in, she became a member of the Social Committee, serving for over 23 years. She also served on the Resident Council and was a Wing Captain, assisting with fire drills for many years.

"I appreciate the 25 years of support from so many neighbors and the Heritage Place staff," she said. "I am also so thankful for my son and daughter-in-law's help, especially during 'the bumpy times.'"

Through her many years, Myrtle's positive attitude and easy smile have influenced many people. A fountain of friendliness and information, she is an invaluable resource for the staff and residents at Heritage Place!

Turkey & Cranberry Salad Wrap

Ingredients

- 3 cups cooked turkey, shredded
- 1/2 cup sliced almonds
- 2 stalks celery, chopped
- 2 tablespoons mayonnaise or plain Greek yogurt
- Salt & pepper to taste
- 4 large tortillas

Directions

Combine turkey, almonds, celery, mayonnaise or yogurt, salt, and pepper in a medium bowl. Divide mixture evenly between four tortillas. Roll up and serve.

