

Happy Harvest

By Ryan Wagner, Executive Director at Hyland Campus

Fall is such a beautiful time of year. We see leaves changing from bright green to beautiful reds, oranges, and yellows; the air starts to get a little more crisp; and our local produce changes from summery fruits and vegetables to cranberries, squash, and pumpkin galore.

Did you know, though, that roughly one third of food produced in the world for human consumption gets lost or wasted? This loss can happen at any stage in the process of getting food to your table: production, harvest, processing,

distribution, and consumption. One-fourth of this lost produce is enough to feed 870 million hungry people.

With all these factors involved, helping to decrease food waste can seem like an impossible task for you or me. However, you can make small changes that impact this issue in a big way.

- When grocery shopping, buy only what you need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.

- Find out how to store fruits and veggies so they stay fresh longer inside or outside your refrigerator.
- Don't be afraid to purchase non-cosmetically perfect produce if its shape, size, and color have nothing to do with quality.
- At restaurants, ask for a smaller portion size and encourage them to donate safe, untouched food to a local food bank.

With your help, we can make this month an especially Happy Harvest!

Walk to End Alzheimer's

By Meghan Davis, Director of Lifestyle Enrichment

It's October and we have two more Walk to End Alzheimer's events to go! The first ever Ozaukee County Walk will be held on Saturday, October 7th and the Dane County walk will be held on Sunday, October 8th.

Check out the fun Team Capri had at this year's Walks. Staff at Casa del Maré (pictured below) held a t-shirt design contest and sported the winning design at the Walk.



Looking for more information on Alzheimer's and a personal caregiver's perspective? Join Martin J. Schreiber, former Governor of Wisconsin, at **Harbor Campus** on Tuesday, October 26th at 5:30pm. He will discuss his experience as a caregiver for his wife Elaine who has Alzheimer's as well as his book [My Two Elaines](#).



Lessons from



Tips for Reducing Salt in Your Diet

Choose fresh or frozen fruits and vegetables whenever possible.

When choosing processed food or pre-prepared items, try to look for "no salt added." Avoid convenience foods such as canned soups, entrées, rice mixes, and frozen dinners; they are loaded with salt.

Adjust your recipes. Decrease the amount of salt in your recipe

and get creative by substituting with other seasonings like garlic, pepper, bay leaves, basil, and onion.

Try using sea salt instead of table salt. Sea salt is generally marked as a natural and healthier alternative. Sea salt also has a stronger flavor, so you may find you need less in your recipe. Remember, though, both sea and table salt have the same amount of sodium by weight.

Laugh Out Loud

- A man was driving down the road when a policeman stopped him. The officer looked in the back of the man's truck and asked, "Why are these penguins in your truck?"
- The man replied, "These are my penguins. They belong to me."
- "You need to take them to the zoo," the policeman said.
- The next day, the officer saw the same guy driving down the road with his penguins, but this time they were all wearing sunglasses.
- "I thought I told you to take these penguins back to the zoo!" the officer said.
- "I did," said the man. "And today we're going to the beach."

What's New At Capri?

Capri Centenarian Club

Carnegie Place resident Lillie Reilly will celebrate her 100th birthday on



Lillie Reilly celebrates her 100th birthday in October!

October 5th! We asked what the largest changes she has seen in her lifetime. "Oh god heaven, that would have to be the computer

and everything it's capable of doing," replied Lillie. "Of course, the television came during my lifetime, too." Lillie's life advice? "Have an upbeat attitude. So many people spend too much time looking at the negative parts of their health and lives. It's always good to look

on the bright side." Great advice, Lillie! Have a wonderful birthday!

Community Renovations

Wilson Commons and Engel Haus at The Gables of Germantown are home to exciting updates in their communities! Each floor of The Polonaise at Wilson Commons received new furniture, new carpeting, and fresh paint along with a new resident lounge on the first floor. The Chopin at Wilson Commons received new carpet and fresh paint in their lobby. Engel Haus renovations include a larger activity room with a new fireplace; complete renovation on their

second floor; and new carpet, paint, and artwork on all floors as well as new furniture in the dining room.

Food Drives: Share the Harvest

According to Feeding America, nearly six million senior citizens currently face hunger in our country. After a lifetime of hard work, 63% of the households with older adults Feeding America serves find themselves facing an impossible choice: to buy groceries or medical care. At Capri, we're sharing the harvest this month as we hold food drives throughout our communities to support local families in need. Visit the office in your community to find out how you can help!

This month in

Celebration

Oktoberfest, thru October 3

Now billed as the largest volksfest, or "people's fair," in the world, the first Oktoberfest was held on October 12, 1810, in honor of the wedding of Prince Ludwig and Princess Therese. The happy couple wanted to share their joy with all of Munich, so they invited the entire city to join in the festivities held in the fields in front of the city gates.

Simchat Torah, October 12-13

The Simchat Torah ("Rejoicing the Torah") is the last of the holidays honoring the Jewish New Year. The celebration concludes the annual reading of the Torah and begins the reading cycle anew. The event is marked with great rejoicing, especially during the "hakafot" procession, in which people sing and dance with the Torah scrolls.

Halloween, October 31

Halloween begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering saints (hallows), martyrs, and the faithful departed. Activities include trick-or-treating, lighting bonfires, and other fall festivities.

Cranium Crunches

Change the first letter. Make a word into a new word by changing the first letter.

1. Change a body part _____ to a magician's prop _____.
2. Change an allotment _____ to another word for country _____.
3. Change a yeasty substance _____ to a golf course obstacle _____.
4. Change campus living quarters _____ to a long-thin invertebrate _____.
5. Change a number _____ to something that tastes tart _____.
6. Change a sweet treat _____ to something that is granular _____.
7. Change an aromatic herb _____ to a poem feature _____.
8. Change a theater passageway _____ to a cotton thread used for hosiery _____.
9. Change a medical ointment _____ to a trumpet button _____.
10. Change a group of witches _____ to something that is made on a loom _____.

1. hand, wand 2. nation, nation 3. dough, rough 4. dorm, worm 5. four, sour 6. candy, sandy 7. rhyme, rhyme 8. aisle, listle 9. saline, valve 10. cover, wover

Perfect Peanut Butter Pie

Ingredients

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| 1 (8-oz) package cream cheese,
room temperature | 1 (8-oz) container sugar-free whipped topping |
| 1 cup granulated sugar substitute | 2 tbsps. sugar-free chocolate syrup |
| 3/4 cup peanut butter | 3 sugar-free peanut butter cups, chopped |

Directions

Line an 8-inch pie pan with parchment paper. Combine cream cheese and sugar substitute in a large bowl. Stir in peanut butter. Add whipped topping, folding to incorporate. Transfer mixture into prepared pie pan. Drizzle with chocolate syrup and peanut butter cups. Cover and chill until ready to serve.

