

## Happy Apple Harvest

By Stephanie Kucher, Marketing Coordinator

Is there any other dish that makes us feel more autumnal than apple crisp? Ok, well maybe pumpkin spice lattes but we'll leave those for the baristas.

The first known printed recipe for apple crisp was found in 1924's *Everybody's Cookbook: A Comprehensive Manual of Home Cookery* by Isabel Ely Lord. It also made an appearance in the *Appleton Post Crescent*, a newspaper in Appleton, Wisconsin, the same year.

Apple crisp's very close cousin apple crumble, popular in Britain, originated

during World War II. Strict rations made ingredients in apple pie, namely larger amounts of flour, sugar, and fat, hard to come by. A simple mixture of flour, margarine, and sugar was used instead.

Other variations include Apple Brown Betty, made with alternating layers of apple and sweetened buttered crackers, Eve's



pudding, which is essentially a sponge cake baked on top of apples, and apple cobbler.

Our very own Harbor Campus takes its turn with autumn recipes and more in their Harbor Harvest Recipe book. We may even feature some of their recipes in our newsletter!

If you have a much-loved fall recipe, submit it to your Lifestyle Enrichment team and it also could be featured in our newsletter.

## Celebrating Good Times

By Meghan Davis, Director of Lifestyle Enrichment

Our communities never pass up an opportunity to have a little party. Thanks to our wonderful residents, amazing teams, and great families, we always seem to have a great time!

Engel Haus at The Gables of Germantown had their very own biergarten with delicious food and great live music for their 10th Anniversary (pictures right).

Heritage Place celebrated a big reveal for their refreshed common spaces including their dining room, community room, and movie room (pictures below).



Lessons from



### Myths about Physical, Occupational, and Speech Therapy.

"Therapy is too painful."

Therapists are trained to work with a patient's pain threshold. While therapy is not always easy, the therapist will work with you to make therapy a positive experience. Ultimately, therapy is used to reduce a patient's pain.

"I only need therapy if I have an injury or accident." Therapy is very effective in preventing injury and pain and promotes mobility, health, and wellness. If you feel less steady on your feet

or are starting to find easy tasks more difficult, it may benefit you to see a PT and OT to improve strength, balance, and endurance.

"My loved one has Dementia, therapy cannot help." Occupational and Speech Therapists are trained in cognitive assessments and interventions. They are instrumental in assisting a person with dementia acclimate safely into a new environment. They also provide caregiver and family training on the most effective strategies to facilitate the person's highest level of independence and quality of life.

## Laugh Out Loud

For Halloween we dressed up as almonds. Everyone could tell we were nuts.

## What's New At Capri?

### Picture Perfect

At the end of August, Stephanie Kucher, Capri Community's marketing coordinator, and Diego Cappella, a professional photographer, traveled to several communities to photograph the building, some residents, and some staff. Thank you so much to the residents and teams at **The Gables of Germantown, Harbor Campus, Hyland Campus, Killarney Kourt, Mulberry Campus, St. Catherine Commons (Palazzo del Maré resident**



Joanne V. with her rabbit Oliver is pictured here), **Summit Woods, Village Pointe Commons, and Wilson Commons** for helping out so much and for being so cooperative! Keep an eye on our website for updated photos!

### Holiday Market Vendors Needed

Are you popular in the holiday craft market scene? Does a family member or friend of yours love to make and sell unique gifts? **Village Pointe Commons** is hosting a Holiday Gift Market on November 3rd and they are looking for artisan crafters and vendors. Contact Kathy or Jackie

at (262) 240-0872 for more information!

### CFO of the Year

Capri Community's Chief Financial Officer Kristin Ferge won this year's Milwaukee Business Journal's CFO of the Year award. We are so proud of Kristin, who was nominated by her accounting team, and know that she is very deserving of this recognition. When asked about the best part of her job, Kristin said, without hesitation, "People - and getting out to the communities where I can see a difference we're making in the lives of our residents and their families. You can see the passion our employees at those communities serve with." Congratulations, Kristin!

This month in

## Celebration

### International Day for Older Persons

Monday, October 1<sup>st</sup>

### Simchat Torah

October 1<sup>st</sup>-2<sup>nd</sup>

### World Teachers' Day

Friday, October 5<sup>th</sup>

### Halloween

Wednesday, October 31<sup>st</sup>

## Resident Spotlight

### Meet Doris L., Heritage Place

Doris was born and raised on a farm in Kanawha, IA, and went to Iowa State Teacher's College. She married Harvey in 1949 and they both became teachers - she was once nominated for Teacher of the Year! They raised four children and celebrated 55 years together before Harvey passed away. Doris currently has nine grandchildren and five great-grandchildren. "I've had a very good life. I'm a two-time cancer survivor," she said.

Doris is thankful that her daughter Becky and granddaughter Whitney live nearby and stop by frequently. Her son Larry took Doris on her very first cruise to the Caribbean, which was a great experience. Her other son

Randy, a governmental ambassador to Calgary, Canada, invited her to visit and she toured the Olympic Village.

A great fan of Barry Manilow, Doris has traveled to see many of his concerts. "I have over 30 of his CDs," she said, beaming. One of her most memorable experiences was when she visited her daughter Renee, who is friends with Barry, in California. Upon learning Doris

was visiting, the star invited her to fly with him to his Las Vegas show. Of course she said yes! Then, on her 85th birthday, Barry arranged for Doris and all of her siblings to fly out for another of his Vegas shows and threw her a birthday party after (pictured here). Several pictures hang near Doris' apartment door. "I am blessed in so many ways!"



## Community Corner at Heritage Place

**Thank You.** Thank you to all of our friends and team who came to help celebrate Emily E's 100<sup>th</sup> birthday!

**Washington Winners.** We raised \$87 in mostly coins for Heritage Place's Walk to End Alzheimer's team. The winning hallway was Washington 2nd floor.

**(Indoor) Walk to End Alz.** Congratulations to Charlie B., our winner for our Indoor Walk to End Alzheimer's contest. Thank you, everyone, for participating!

**Food Drive.** Help feed local people in need. Place your non-perishable food items in the box outside the office throughout October.

## Apple Crisp Courtesy of Food Network Kitchen

### Ingredients

6 baking apples, peeled, cored, and cut into wedges

1 tbsp lemon juice

1/2 cup sugar

2 tbsp + 1 1/4 cup flour (divided)

1/2 cup rolled oats

1/2 cup light brown sugar

1/2 tsp ground cinnamon

1/4 teaspoon salt

12 tbsp butter, chilled and cut into bits

### Directions

Preheat oven to 350°F. In a large mixing bowl, toss together the first three ingredients plus 2 tbsp flour. Pour the apple mixture into a buttered 2-quart baking dish and set aside. In a large mixing bowl, mix the remaining flour, rolled oats, light brown sugar, cinnamon, and salt. With your fingers, work the butter into the flour mixture until it comes together and large clumps form. Sprinkle the topping evenly over the fruit. Bake the apple crisp until the fruit is bubbling and the topping is golden brown and crisp, about 45 minutes. Serve warm with vanilla ice cream or whipped cream if desired.