

## Brain Power!

By Jason Soloninka, Community Manager at The Landmark of West Allis

As we age, it is critical to continue exercising our brains to keep them functioning at optimal levels. Our minds are like our other muscles and need to be stretched regularly to maintain their fitness and to help keep us sharp.

We now know that our brains continue to grow new cells throughout our lifetimes, even in our older years. Activities that increase blood flow to the brain, such as physical activity, mental stimulation and good nutrition, will help exercise our brains.

The most effective way to exercise our brains is through cognitive training. It should be stimulating, challenging and fun! Here are some examples:

- Read a new book
- Try new foods or cooking styles
- Alternate routine exercises like crossword puzzles, Sudoku, or word searches



The book club at Palazzo del Maré provides a good read and stimulating conversation.

- Play a board game or card game; play with different groups of people to stimulate new conversations
- Eat brain-boosting foods high in Omega 3 fatty acids like salmon, Brussels sprouts, walnuts, spinach, and kale

Find ways in your community and partner with your neighbors to engage your brain and make it more powerful!

## Walk to End Alzheimer's

By Meghan Davis, Director of Lifestyle Enrichment

Did you know?

- Alzheimer's disease is the 6<sup>th</sup> leading cause of death in the U.S. and the 5<sup>th</sup> leading cause for those aged 65 and older
- Every 66 seconds, someone in the U.S. develops the disease
- 1 in 3 seniors dies with Alzheimer's or other dementia
- Alzheimer's kills more than breast cancer and prostate cancer combined
- Since 2000, deaths from heart disease have decreased by 14% while deaths from Alzheimer's disease have increased by 89%

But you can help! Join Team Capri at a local Walk to End Alzheimer's near you - register or join at [alz.org/walk](http://alz.org/walk).

County	Date	Location
Waukesha	9/9/17	Frame Park, Waukesha
Walworth	9/16/17	Library Park, Lk. Geneva
Milwaukee	9/17/17	Henry Maier Festival Park
Kenosha & Racine	9/23/17	UW-Parkside, Kenosha
Washington	9/23/17	Regner Park, West Bend
Ozaukee	10/7/17	Vet.'s Mem. Park Bandshell
Dane	10/8/17	James Madison Mem. HS



## Lessons from



Grab a book and start reading or a pen and start writing; it may improve your health! Reading and writing may slow dementia symptoms according to health studies. While there is no cure for dementia, reading, writing and problem solving games may delay symptoms.

The study, conducted by Robert Wilson, suggests that dementia patients who engage in stimulating activities experience a slower rate of mental decline. Brain-stimulating hobbies and exercises may slow the onset of symptoms by 32 percent.

Reading can help to ward off dementia in two ways. First,

by reading a book individuals are engaging their brains in a mentally stimulating activity that can greatly reduce the risk of developing dementia. Additionally, reading can help take the mind off of stressful events. When people become engaged in the story, they can temporarily let go of their stress and negative thoughts. Decreasing stress levels is an important factor in reducing the risk of many medical conditions, including dementia.

Doing crossword puzzles, word search, memory and card games are also great activities to stimulate your brain!

## Laugh Out Loud

A book never written:  
"When Does School Start?" by Wendy Belrings

# What's New At Capri?

## Resident Appreciation Days

We celebrated all of our residents throughout the month of August with resident appreciation days at various communities. Residents at Casa del Maré enjoyed their favorite meal of fried shrimp as well as an Elvis visit and Hyland Campus residents received special gifts. At Capri, we appreciate our residents every day, but it's nice to take some time out and show our gratitude.



Elvis was spotted at Casa del Maré's resident appreciation party!

## Girl Scout Gold Project Benefits Harbor Cove

Cassidy Y. is a junior at Port Washington High School and is entering her 12<sup>th</sup> year as a Girl Scout in September. She has a natural love for seniors and wanted to do a project that would "make their days brighter." She initially thought of a computer program but realized that idea might be more suited to upcoming generations. After a short discussion, her iPod music therapy program began to

take form. Cassidy put up fliers asking people to donate their gently used iPods and reached out to troop leaders and members of the Girl Scouts to spread the word. Those with Alzheimer's and other dementias greatly benefit when listening to music: they have increased positive emotions, reduced tension and anxiety, improved interest levels, and increased self-esteem. Through her program and fundraising and donations, Cassidy was able to provide each resident at Harbor Cove the necessary materials for music therapy. Way to go, Cassidy!

This month in

# Celebration

## Labor Day,

### First Monday in September

During the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked long hours to survive. Labor unions, although still in their infancy, were becoming stronger and more vocal, organizing strikes and rallies in protest of long hours and poor working conditions. One of these rallies was destined to become the first Labor Day parade in the U.S.

## Grandparents Day, September 10

Marian McQuade of West Virginia has been recognized nationally as the founder of National Grandparents Day. McQuade made it her goal to educate the youth in the country about the important contributions seniors have made throughout history.

## Rosh Hashanah,

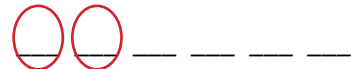
### September 20-September 22

This holiday, literally meaning the "beginning of the year," is the Jewish New Year. Rosh Hashanah is a two-day celebration, which begins on the first day of Tishrei, the first month of the Jewish civil year.

## Cranium Crunches

**Riddle Jumble.** Unscramble each set of letters to form a common word. Then transfer the circled letters to the red circles at the bottom. Unscramble those letters to answer the riddle.

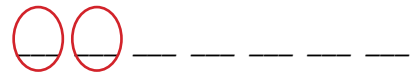
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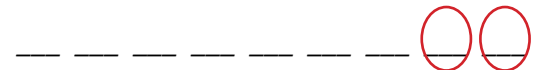
2. L P O D I T A M



3. G E N S U O R



4. E G O L G O T S I



What do lawyers wear to court?

\_\_\_\_\_

1. WALTER 2. DIPLOMAT 3. SURGEON 4. GEOLOGIST  
What do lawyers wear to court? LAWSUITS

## Chocolate Cheesecake Stuffed Strawberries

### Ingredients

- 1 (8 oz.) package cream cheese, room temp.
- 1/4 cup sugar
- 1 teaspoon vanilla
- 2 tablespoons butter, room temp.
- 1 1/2 tablespoons cocoa powder



- 1 cup whipped topping
- 1 pint strawberries, washed and hollowed out

### Directions

Combine cream cheese, sugar, vanilla, butter and cocoa powder in a medium bowl. Gently fold in whipped topping. Fill each strawberry with the chocolate filling using a piping bag or a small spoon. Cover and chill until ready to serve.