

## Party Harty with Family

By Ava Tarantino, Marketing Intern

Family involvement is important when choosing a senior living community. It's important to consider this involvement even after you've moved in. Have you ever wondered if your grandchildren, children, siblings, or out-of-town friends can stay a night or two at your apartment? Wonder no longer - they can!

Our communities welcome family members just as much as you do. We love getting to know them because they can provide a unique perspective and help us get to know you better.

All of our communities follow the same general rules for overnight guests; however, the specifics may be different community-by-community.

"Per the lease our residents sign, guests are permitted to stay no more than three days, but we do make exceptions to this rule," said Jason S., community manager at The Landmark. "Our residents just need to let us know the guest's name, how long they will stay, and, if they have a car, the make and model."

"At The Chopin, we request that residents

notify us if they are having an overnight guest and what vehicle they may have in the parking lot," explained Sarah J., community manager at The Chopin at Wilson Commons. "If the person is staying regularly throughout the year, like an out-of-town daughter, I will usually ask for information so I can add them as an approved occupant and they can come and go as they please."

If you have questions about your community's specific guidelines, please stop by the office to ask!

## Healthy & Happy

By Meghan Davis, Director of Lifestyle Enrichment

Froedtert and the Medical College of Wisconsin is opening health clinics at two of our communities.

The Gables of Germantown Health Clinic will open on Tuesday, February 20th and will be open every Tuesday from 9:00am-12:30pm. The Village Pointe Commons Health Clinic will open on Friday, February 23rd and be open every Friday from 9:00am-12:00pm and again from 1:00pm-5:00pm.

"We are thrilled to partner with Froedtert and the Medical College of Wisconsin to bring clinics to our communities," said Amy Lloyd, RN, Director of Clinical Services. "This gives our residents easy access to care without the hassle of having to drive or schedule a ride to a doctor's office."

Available services include general wellness, management of acute and chronic health conditions, and care for common conditions like the flu, cough, sore throat, skin rash, and ear aches.

As of right now, these clinics will be open to residents of The Gables of Germantown and Village Pointe Commons. Stay tuned, however, for further updates as we expand the Health Clinic reach!



Lessons from



Sodium is a mineral found in many foods, especially salt. Following a low-salt diet helps keep high blood pressure and swelling (also called edema) under control. It can also make breathing easier if you have heart failure.

**Choose fresh or frozen food whenever possible.** When choosing processed food or pre-prepared items, try to look for "no salt added." Avoid convenience foods like 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 (garlic, pepper, bay leaves, basil, onion, etc.).

**Try sea salt.** Ocean water or water from saltwater lakes is evaporated to produce sea salt, usually with little processing. Table salt is mined and heavily processed to eliminate minerals and usually contains an additive to prevent clumping. Remember, though sea salt and table salt contain comparable amounts of sodium by weight.

## Laugh Out Loud

If tomato is a fruit, does that make ketchup a smoothie?

## What's New At Capri?

**Capri Artists Honored**  
 Casa del Maré resident Sharon B. and Mätterhaus resident Audrey R. had artwork selected by the Alzheimer's Association's Memories in the Making® program. The program offers creative art expression for individuals with mild cognitive impairment (MCI) and early to middle stages of Alzheimer's disease and related dementias. The painting process provides



an opportunity to engage socially and reminisce about meaningful life moments, individuals, or personal interests.

Sharon's *Puppy and a Kitten* and Audrey's *Cactus and Buddies* are pictured left.



### Casa Hosts Chili Cook-Off

Once again Casa del Maré will host their Chili Cook-Off on February 17<sup>th</sup>. The event will feature chili from Casa as well as local restaurants. Proceeds will benefit Women and Children's Horizons, a local organization that provides

support, shelter, education, training, and healing services to victims of sexual and domestic abuse, their families, and the community.

### National Caregivers Day

Friday, February 16<sup>th</sup> is National Caregivers Day. It was founded by the Providers Association for Home Health & Hospice Agencies and first celebrated in 2016. Capri Senior Communities is so thankful for our compassionate caregivers and all they do for our amazing residents. Thank you!

This month in

## Celebration

**African American History Month**

**Groundhog Day**  
 Friday, February 2

**Mardi Gras**  
 Tuesday, February 13

**Valentine's Day**  
 Wednesday, February 14

**Chinese New Year**  
 Friday, February 16

## Cranium Crunches

**Pass it on.** After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

1. Second month February
2. Sing in the Alps \_\_\_\_\_
3. Tanned hide \_\_\_\_\_
4. Not a one-way flight \_\_\_\_\_
5. Skydiver's need \_\_\_\_\_
6. Peppy, full of life \_\_\_\_\_
7. Young cow \_\_\_\_\_
8. Know around the world \_\_\_\_\_
9. Lunchbox item \_\_\_\_\_
10. Challenging \_\_\_\_\_
11. Sunrise \_\_\_\_\_

## Community Corner

*at The Landmark & Carnegie*

**Party Harty.** We will be celebrating Mardi Gras on Tuesday, February 13th. Laissez les bons temps rouler!

**That's Entertainment.** Join us on February 19th for music and entertainment by Gary Wisner! He'll serenade residents at 1:30pm in The Landmark community room.

**Wear Red.** Take a stand against heart disease in women and wear red on Friday, February 2<sup>nd</sup>. National Wear Red day encourages women to know numbers that are critical for heart health: blood pressure, cholesterol, blood sugar, and BMI.

1. February 2. Yodel 3. Leather 4. Round trip 5. Parachute 6. Energetic 7. Calf 8. Famous  
 9. Sandwich 10. Hard 11. Dawn

## Whipped Cherry Pie

### Ingredients

- 1 cup sweetened flaked coconut
- 1 can (15.25 oz) crushed pineapple, drained
- 1 cup maraschino cherries, drained and chopped
- 1/2 cup chopped pecans
- 1 can (14 oz) sweetened condensed milk
- 1 1/2 cups whipped topping, plus extra for garnish
- 1 prepared graham cracker crust

### Directions

Combine first five ingredients in a large bowl. Fold in whipped topping. Transfer mix to graham cracker crust. Garnish with whipped topping. Cover and chill 2 hours to set.

