

## Let's Get Musical!

By Meghan Davis, Director of Lifestyle Enrichment

Is there a song that brings you back to your high school glory days, or one that stirs up emotion from your wedding day or other special celebrations? Perhaps another song reminds you of a break-up or loss of a loved one. Music is a powerful connector throughout our lives.

The Music and Memory program taps into this power with individuals with Alzheimer's disease or other related dementias. Care professionals create personalized music playlists and deliver music via MP3 and other digital music

players. The program website notes that "these musical favorites tap deep memories not lost to dementia and can bring participants back to life, enabling them to feel like themselves again, to converse, socialize, and stay present." The program is founded on extensive neuroscience research.

Capri is proud to offer the Music and Memory program in the memory support neighborhoods at The Gables of Germantown, Mulberry Campus, and St. Catherine Commons. Furthermore, Harbor

Campus, Summit Woods (pictured below), and Heritage Place utilize the power of music in their resident choirs.

Do you have a gently used iPod you no longer need? Contact your local Capri Community to see how you can help spread the music!



## New Happenings in Memory Support Neighborhoods

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Capri Communities recently received two grants for training and program implementation from the Alzheimer's Poetry Project (APP). The mission of the APP is to improve the quality of life of people living with Alzheimer's disease and related dementias by facilitating creative expression through poetry. According to APP, "the training emphasizes simple poetry techniques and how they can be combined with dance, exercise, music, storytelling, and visual art to facilitate a new and positive way of communicating with people in all stages of dementia." National Endowment for the Arts (NEA) listed the APP as a best practice for the NEA Aging and the Arts initiative.

The Alzheimer's Poetry Project will be available in each Capri memory support neighborhood. For more information, visit [www.alzpoetry.com](http://www.alzpoetry.com).

We are also pleased to welcome Mari Pat McAuliff as our director of Memory Care Services. She will be working on programming, training, and mentoring at our memory support communities.



McAuliff, far right, and other Capri employees at the Alzheimer's Young Champions event.



## Lessons from



### Don't Hit That Snooze

**Button!** Having a good night's sleep is very important to your health. Here are some tips from the Sleep Foundation.

- Try to stick to a routine sleep schedule.
- Avoid naps during the day if you have trouble sleeping.
- Exercise daily. Even light exercise will help you sleep more sound.
- Develop a relaxing bedtime ritual. Avoid bright lights and activities that can cause excitement, stress, or anxiety. Perform gentle stretches or read a book.
- Keep your bedroom cool, between 60-67 degrees.
- Consider using a fan or white noise machine to help reduce hearing noises or other distractions.
- Avoid caffeine and alcohol at least four hours before bed.

## Laugh Out Loud

A man visits his doctor for a checkup. "Doc, I think something's wrong with my brain," he says. "Every time I take a sip of coffee I get this stabbing pain in my right eye."

"I see," says the doctor. "Have you tried taking the spoon out?"

## What's New At Capri?

### EGGstravaganza at St. Catherine Commons & Village Pointe Commons

Grab your baskets and your Sunday best! St. Catherine Commons and Village Pointe Commons are hosting Easter Egg Hunts for local children on March 24th at 10:00am. In the neighborhood? Stop on by for an EGGstra special time!

### O-fish-ally Delicious

Although fish fries are a year-round tradition in Wisconsin, two of our communities are holding special Lenten events. Mulberry Glen's fish fry will take place on March 23rd and will benefit the Alzheimer's Association. The Harbor Campus fish fry on March 30th will

benefit St. John XXIII School. Stop by to enjoy good food and lovely company for a great cause.

**Casa Crown Chili Cook-Off Champ**  
Casa del Maré at St. Catherine Commons held their 7th Annual Chili Cook-Off (pictured right)! They raised over \$700 for Women and Children's Horizons who advocate for victims of sexual and domestic violence/abuse.



**Capri Communities Developments**  
We're excited to share news about various new developments for Capri. The Summit Woods memory support expansion received a warm introduction and support from staff. The City of Port Washington approved the additional 60-unit independent living expansion at Harbor Campus. St. Rita Square hit a big milestone by obtaining our first official approval by the City of Milwaukee with unanimous support of the development.

This month in

## Celebration

### Purim

ends on Thursday, March 1

### International Women's Day

Thursday, March 8

### St. Patrick's Day

Saturday, March 17

### Passover

begins Friday, March 30

### Good Friday

Friday, March 30

## Cranium Crunches

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

1. Change a postal item \_\_\_\_\_ to an Irish dog \_\_\_\_\_.
2. Change a type of grain \_\_\_\_\_ to what you can do to onions \_\_\_\_\_.
3. Change a residence \_\_\_\_\_ to a small rodent \_\_\_\_\_.
4. Change a shoreline \_\_\_\_\_ to impart knowledge \_\_\_\_\_.
5. Change merriment \_\_\_\_\_ to a hospital delivery \_\_\_\_\_.
6. Change a Lego unit \_\_\_\_\_ to a timepiece \_\_\_\_\_.
7. Change garbage \_\_\_\_\_ to a market worry \_\_\_\_\_.
8. Change an imperfection \_\_\_\_\_ to a safe \_\_\_\_\_.
9. Change a noise \_\_\_\_\_ to a dog \_\_\_\_\_.
10. Change a noontime meal \_\_\_\_\_ to a cluster \_\_\_\_\_.
11. Change strength \_\_\_\_\_ to late evening \_\_\_\_\_.
12. Change a project step \_\_\_\_\_ to an act of pursuit \_\_\_\_\_.

1. letter, setter 2. rice, dice 3. house, mouse 4. beach, teach 5. mirth, birth 6. block, clock  
7. trash, crash 8. fault, vault 9. sound, hound 10. lunch, bunch 11. might, night 12. phase, chase

## Community Corner at The Landmark & Carnegie

**Donations Needed.** All Capri Communities are accepting donations of new or used iPods/MP3 players, chargers, and iTunes gift cards for our Music & Memory program. Check out the flyer on your GROW board or talk to your Lifestyle Enrichment staff to learn more!



## Peanut Butter dip

### Ingredients

- 1 (8-oz) package cream cheese, room temperature
- 1/2 cup unsweetened peanut butter
- 1/2 cup butter, room temperature
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 teaspoon vanilla liquid Stevia
- 1/4 cup chopped peanuts



### Directions

Combine cream cheese, peanut butter, butter, vanilla, salt, and Stevia in the bowl of a stand mixer. Mix until smooth. Transfer mixture into a serving bowl. Sprinkle with chopped nuts. Serve with chocolate, graham crackers, or celery.