

# ENGEL HAUS TIMES



*The Gables  
of Germantown*



DECEMBER 2011

Vol. 1 Issue 5

## Silly Sisters Performance Gets Rave Reviews



Our own **Lavon** brought her musical talent to the Engel Haus with a performance by her group, the Déjà Vu Silly Sisters on December 13th. The Silly Sisters did their own rendition of songs from the movie "Sister Act" along with some holiday favorites and lots of jokes. The Silly Sisters perform for free

throughout Washington County as a way to give back. All who attended enjoyed the act. **Lou Ann** said she loved it and when asked what her favorite part was she said, "All of it!"

December was packed full of performers at the Engel Haus. Other performers this month include the Golden Oldies, the Halleluiah Singers,



and Rockin' Randy. Christmas carols were also sung by various groups including **Mac's** daughter Holly, the Cub Scouts (over 50 of them packed into the Dining Room!), Girl Scouts, and Germantown Youth Futures. What a great way to get into the holiday spirit!

## Dog Therapy

Pet therapy programs that bring animals and people together for companionship and therapy began in the 1970s, and have been growing rapidly ever since and the Engel Haus recently joined in on this trend. Raggis and her owner Bobbie came in to visit

with residents and caregiver **Jessica** and her dogs will also be visiting monthly. The benefits of having a pet around are tremendous. Studies show that human-pet interaction actually lowers heart rate and blood pressure. In addition, pet therapy diminishes

emotional and physical pain and reduces boredom. Tests show that within minutes of petting a dog, humans and dogs alike experience massive release of beneficial hormones. So, come check out the dogs, its pawsitively good for you...and them!

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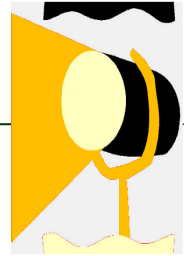


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**Rosa  
and  
Raggis**

## ENGEL HAUS TIMES



Lorraine



Jeannine

### Resident Spotlight

**Lorraine Williams** is no stranger to the Gables. She came to the Engel Haus after having lived at the Himmel Haus briefly. Lorraine was born in Milwaukee and spent most of her life living in Milwaukee's north shore. She was an accountant at Badger Meter and enjoys reading, playing cards, and

watching TV and movies. Lorraine said she has had a very pleasant and active life and has always kept busy.

**Jeannine Dwyer** was also born in Milwaukee, but has lived in Arizona and San Diego as well. Before calling the Engel Haus home, Jeannine lived in Mequon. She fondly remembers grow-

ing up with her younger brother. Jeannine did a lot of volunteer work for children and enjoyed taking art classes and writing children's stories. She enjoys reading, watching soaps and Turner Classic Movies, and spending time with her daughter and 2 grandchildren.

**Welcome**

**Lorraine & Jeannine!**

### Get Revved-Up for the Holidays

**DID YOU KNOW???**  
**THREE BILLION CHRISTMAS CARDS ARE SENT, ON AVERAGE, IN THE US EACH YEAR.**



#### Take a Whiff

Certain aromas can awaken your senses. The scent of peppermint, for instance, has been found to decrease fatigue by up to 25%.

#### Wear Red

It peps you up. One study found that athletes

who wore red were more likely to win.

#### Go Outside

Being cooped up makes you feel sluggish. Daylight does the opposite.

#### Splurge Selectively

When you're feeling tired, it's tempting to dip into the sweets. Keep the treats to a minimum to

avoid the sugar crash that inevitably follows.

#### Share the Season

Socializing with others energizes you. Going shopping? Take a pal.

#### Crank up the Carols

Music can be instantly uplifting. Put on a few holiday songs and sing along.

-Woman's Day



### Farewell



**We will miss you Kolell's!**

### Bob's Farewell

Farewell to Engel Haus, It is with mixed emotions that I leave Engel Haus and all of you nice people. So many of you have showed an interest in Hilde's condition and how I was holding up. We both appreciated your concern and thank you.

It is going to be hard to leave all of you, but I know that you are in good hands—good caring hands.

I will be back for visits just to keep our friendship going and also to make sure you're not getting into trouble.

Best wishes for the coming Christmas season and the new year.

Take care, stay healthy and my prayers are with you.

Best Regards,

**Bob Kolell**  
(Hilde also)

### Manager's Corner

#### Merry Christmas!

Is everyone excited about the holiday season? Every year my wife Jenny and I go downtown to hear the Milwaukee Symphony play Christmas songs and that always gets me into the holiday spirit. Do you have any traditions that set the mood for the season for you? December

should be a lot of fun here with all of the groups coming to sing Christmas Carols and our Christmas Party on the 22nd!

The other evening I returned to the Gables with my dog Becca. She had a lot of fun meeting many of you. For those of you we didn't get a chance to visit we will be

coming again! We have a volunteer bringing in dog therapy this month, and our 2nd shift caregiver Jess will be bringing in her 2 dogs for the first time this month too!

Thanks for reading and have a happy new year!

Brian



**Brian Lerch**

**Executive Director**

### Go Pack Go!

Engel Haus residents and staff cheered the Packers on to victory at our Packers Party on Sunday, November 20th. The Pack beat the Buccaneers in the "Battle of the Bays" by a score of 35-26. Everyone enjoyed a cookout lunch and half-time snacks. Let's continue to cheer for the Packers all the way to the Super Bowl!



**Lisa, Jean, and Jo Ann** take a break from watching the game to take a picture.

**Lilly and Don** show off their Packer Pride.



#### DID YOU KNOW?

EGGNOG WAS PRESCRIBED FOR MORE THAN JUST HOLIDAY CHEER. IT WAS CONSIDERED A RESTORATIVE IN 19TH CENTURY AMERICA AND WAS COMMONLY SERVED TO THOSE WHO WERE RECUPERATING FROM ILLNESS.

### Custom of the Season



*Clinking of glasses after a toast*

In the olden days of frequent poisonings, even among friends, drinkers would pour a little wine in each other's cup to ensure that neither had it in for the other. Hence the touching of rims today.

### Read All About It!

The Washington County Sunday Post newspaper and the Germantown Express News are now available in the lobby by the mailboxes. These papers are free and are available for you to take. Thanks to the residents who suggested getting the papers.



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**We're on the web!**  
[www.capricommunities.com](http://www.capricommunities.com)

### Capri Communities Mission Statement

Capri Communities provides quality, caring management services for senior living centers and apartment communities. Capri Communities enhances the quality of life for its residents, offers opportunity for its employees and provides a return for its stakeholders.



Go green and get the *Engel Haus Times* via email. Just provide Meghan with your email address



Find the differences!



### HOLIDAY JOKES

**Q:** What do snowmen eat for breakfast?

**A:** Frosted Flakes

**Q:** If Santa rode a motorcycle, what kind would it be?

**A:** A Holly Davidson



**Answers to last month's puzzles:** 1. Part way 2. Middle Child 3. First Aid 4. Pretty Please with Sugar on Top 5. When in Doubt Do Nothing 6. Foot in the Door 7. Up in Arms 8. Face the Nation

