

THE SENTINEL

AUGUST 2019

The Flight Fun Isn't Finished!

By Meghan Davis, Director of Lifestyle Enrichment

Last month, fifteen Capri residents took Dream Flights from Ageless Aviation Dreams Foundation. Each resident flew 1,000 feet above their friends, family, and fans in *The Spirit of Wisconsin*, a newly restored plane sponsored in part by Capri Communities.

"[The pilot Darryl] was great! He was great," said Joe F, a resident of **Hyland Crossings**, smiling. Joe was part of the Dane County Regional Airport veterans (pictured).

"Now my life will never be the same," said Evelyn S, a resident of **Village Pointe Commons**, of her flight at Waukesha County Airport.

On Friday, July 26th (after this newsletter is printed), Michael S, a Navy veteran, of **The Chopin at Wilson Commons** will have taken his Dream Flight at EAA's AirVenture in Oshkosh! Michael grew up

on Milwaukee's South Side. He was drafted for WWII and served in the Korean War. Michael was also part of Operation Deep Freeze, a series of missions to explore the least explored area on earth: Antarctica. "There were six to seven ships involved: two passenger ships, three ice breakers, and two Navy ships - destroyers for protection," remembered Michael. "Adélie penguins lined up to watch us play baseball on Christmas Eve. One got a foul ball and wouldn't give it back!"

An early morning send-off party was held for him at Wilson Commons. Check out Wilson Commons' Facebook page for photos!



Wonderful Walking Wellness

By Mari Pat McCauliff, Director of Memory Care Services

Each year, residents, staff, and families from our communities participate in the Alzheimer's Association's Walk to End Alzheimer's throughout Southeastern Wisconsin. All funds raised through the Walk, the world's largest event to fight Alzheimer's, furthers the care, support, and research efforts of the Alzheimer's Association. We'd love it if you joined us in the fight against Alzheimer's! You can donate to or join your community's team today! To see a listing of our teams and

locations, visit bit.ly/2QjRAMT.

In addition to supporting research and families experiencing dementia, the Walk to End Alzheimer's has many benefits you may not have considered! Just by joining your local Walk, you can accomplish good brain health because walking...

- increases your heart rate;
- reduces emotional and physical stress;
- allows you to be around positive, fun, happy people; and
- you can learn new brain facts at the Walk!

Our Mission

Enriching the lives of our residents through service and commitment to family and community.

Our Values

Committed to the resident experience
Attentive to individual needs
Respectful to all
Engaged in our local community
Serve with integrity

Lessons from *Lessila Therapy*

A new study by Queen's University Belfast has found listening to music can help to reduce stress and boost positive emotions, especially in older adults. Before visiting the lab, participants created playlists of music they would listen to in stressful situations. The research trial was carried out on 40 younger adults (18-30 years old) and 40 older adults (60-81 years old). When they got to the lab, they were told they would have to deliver a speech which would be video recorded and evaluated, heightening stress levels. Half of the group then listened to their own playlist while the other half listened to a radio documentary. Stress reduction was greater in the group listening to music, although older adults (those aged between 60 and 81) showed stress reduction in both conditions.

Dr. Jenny Groarke, from the University's School of Psychology, explains, "Music listening makes up a large part of people's everyday lives. The results of this study support the idea that listening to music supports coping with stress across the lifespan." *Argentum Daily, July 2019*

Laugh Out Loud

Everyone should believe in something.
I believe I should go to the beach!

Special Section: Summer Fun at Capri

We've had a hot, sunny summer so far! Several communities have taken advantage of our nice weather (or made the best out of our very hot weather)!

Hyland Campus' fiesta-themed Annual Block Party was a blast! The Kona Ice truck, dunk tank (with proceeds going to the Hyland Walk to End Alzheimer's team), and petting zoo (top picture) were a huge hit. Folks danced to music from Rebulu Group, a local salsa band, while others tapped their feet to the beat.

Northgate cooled off with a trip to local Kelley Country Creamery. This was the first time, too, they completely filled their

new bus! Everyone had a lovely time out on the covered patio (middle picture).

A trip to Miller Park filled the day for Gables of Germantown and Mulberry Campus residents (bottom picture)! The communities met up and tailgated together. We're not saying it was our residents who cheered the Brewers on to a win, but we're not saying it *wasn't* our residents.

Finally, Harbor Campus held their annual Yee Haw Variety Show for residents, families, staff, and the community. Visitors enjoyed kid-friendly activities, a petting zoo, picnic fare, and, of course, the many talents of Harbor Campus!



Cranium Crunches

Missing Vowels These well-known expressions have had all the vowels (a, e, i, o, and u) removed. Replace them and reveal the expressions. The first one is done for you.

1. STRK WHL TH RN S HT

STRIKE WHILE THE IRON IS HOT

2. LL THT GLTTRS S NT GLD

3. BHND TH GHT BLL

4. CHP FF TH OL BLCK

5. DWN N TH DMPS

6. T, DRNK, ND B MRRY

7. KPNG P WTH TH JNSS

8. WLF N SHP'S CLTHNG

9. PRCHNG T TH CHR

Answers 1. strike while the iron is hot 2. all that glitters is not gold 3. behind the eight ball 4. chip off the old block 5. down in the dumps 6. eat, drink, and be merry 7. keeping up with the joneses 8. wolf in sheep's clothing 9. preaching to the choir

Apple Monkey Bread

Ingredients

1/2 cup sugar

1/2 cup butter, melted

1 1/2 teaspoons cinnamon

1 teaspoon vanilla

2 (17.5oz) packages cinnamon rolls with icing

1 cup apples, seeded and chopped

1/3 cup brown sugar



Directions

Preheat oven to 350°F. Spray a 9x13-inch baking pan with cooking spray. Pour sugar and cinnamon in a large, seal-able plastic bag. Using a knife, divide each cinnamon roll into six equal pieces. Place them in a bag. Shake bag to coat the dough and pour all contents into the bottom of the prepared baking pan. Combine brown sugar, butter, and vanilla in a small bowl. Pour mixture evenly over rolls. Sprinkle apples evenly over mixture. Bake 35-40 minutes. Drizzle evenly with icing.

Community Corner

at The Gables of Germantown

Ways of Wellness. Join us in the Himmel Haus media room on August 15th at 11:00am for our next Ways of Wellness & Happiness workshop. This month's workshop will focus on Power of Attorneys (POA). Learn how and why to set up a POA, what activation means, and how activation changes living options.

Dog Days of Summer. Join us for a doggone good time on August 21st featuring Winnie, our therapy dog at Mätterhaus, a local trainer, pet groomer, doggie photo booth, and a mobile veterinarian. Leashed dogs are welcome. See posters around Gables for more information!