

Spread Holiday Cheer for All to Hear

By Meghan Davis, Director of Lifestyle Enrichment

We're spreading holiday cheer this month by featuring a poem written by the Writer's Club at **The Landmark of West Allis**. They have been exploring different styles of poetry, including haiku, cinquain, and acrostic (the style of the poem below). Happy Holidays from the Writer's Club and Capri Senior Communities!

Happy children running about
Outside lights twinkling in the night
Laughing with family and friends
Inquiries of hidden gift surprises
Delicious baked confections tantalizing our palates
Angles bringing glad tidings
Yuletide voices caroling the joyful message!



Holiday cheer spanning the years! Photos, clockwise, from Polonaise at Wilson Commons, Village Pointe Commons, and The Landmark.



Strides Towards a Dementia-Friendly Whitewater

By Meghan Davis, Director of Lifestyle Enrichment

Whitewater is taking big steps in becoming a dementia-friendly community. In 2017, the Whitewater Community Foundation presented Seniors in the Park with a Community Action Grant of \$1,000 to start the initiative. "Being knowledgeable about dementia is so important, especially as the Whitewater population ages," said Jenny Spohn, Assistant Executive Director at Mulberry Campus and a member of Whitewater's dementia-friendly initiative. "Part of our job is educating local businesses about dementia, how to recognize when a person has dementia, and how their employees can be dementia-friendly."

Mulberry Campus staff have been integral in the development of a respite program through the Whitewater Dementia Friendly Initiative for the past year. The program provides an opportunity for adults who have dementia to enjoy a day away from home and allows a caregiver to run errands, attend to personal matters, or just have time to relax and refresh. The group recently celebrated their first session. The Rockin' Respite program will continue to meet twice each month. Mulberry Campus provides delicious, home-made lunch for the participants.



Lessons from



The holidays are upon us with many opportunities for socializing and doing things outside our normal routines. It can be challenging to find enough energy to complete everything that we want to in a day. Energy conservation techniques are beneficial if you find that fatigue is preventing you from doing what you like to do. The following tips can help you perform your daily activities more efficiently, allowing you to do more with less effort and without shortness of breath.

- Rearrange your kitchen space by keeping frequently used items in easily-accessible places so you can avoid bending and reaching.
- Sit rather than stand whenever possible while performing daily duties.
- Use good posture to prevent fatigue; sit or stand tall with shoulders relaxed.
- Schedule enough time for activities as rushing requires more energy. Take rest brakes.
- Know your limits and delegate tasks to friends or family members who offer to help.

Laugh Out Loud

A weasel walks into a bar. The bartender says, "Wow, I've never served a weasel before. What can I get you?"

"Pop," goes the weasel.

What's New At Capri?

Save the Date!

The Gables of Germantown Holiday Craft Fair and Bake Sale is Saturday, December 1st from 10am until 2pm. The Northgate Holiday Gift Market is also on December 1st from 9am until 2pm. Stop by to start (or finish) your holiday shopping!



Spreading Cheer in Kenosha

The St. Catherine Commons Angels (pictured below, left) are at it again! Residents at Palazzo del Maré have been busy knitting lap blankets for the Casa del Maré memory support residents. The St. Catherine Commons Choral Group will perform holiday concerts at Casa this month as well.

A Special Way to Show Gratitude

Hyland Campus found a great way to repurpose some special bricks on campus (pictured right). Some bricks were removed when a flag pole was installed last November. These bricks were personalized and hand-

painted by Hyland Park resident Gene for each of the community's veterans and were presented at a Veterans Day ceremony.



This month in

Celebration

Hanukkah

Sunday, December 2nd to
Monday, December 10th

Christmas

Tuesday, December 25th

Kwanzaa

Wednesday, December 26th to
Tuesday, January 1st

New Year's Eve

Monday, December 31st

Resident Spotlight

Meet Donna S., Hyland Park

Donna was born, raised, and has lived her whole life in Sun Prairie! She worked in the office at Wisconsin Cheeseman for 11 years. She also worked for the Sun Prairie school system in the kitchen for 11 years at an elementary school.

Donna was married to her husband Jake for 63 years. Together they had four sons and one daughter. Donna has six grandchildren and six great-grandchildren.

She really enjoyed bowling with her husband. In fact, Jake was so good at it, they would travel around the United States



for bowling. "My favorite place to be, though, was Golf Shores, Alabama," said Donna. "We would spend several weeks in the winter there."

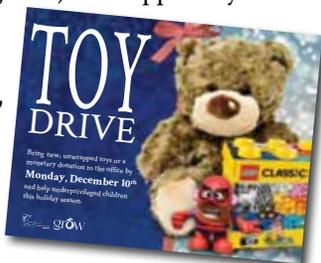
Thank you for sharing your story, Donna!



Community Corner at Hyland Campus

'Tis the Season. Our elves are getting everything ready for our upcoming holiday parties! We'll celebrate at Hyland Park on Thursday, December 13th at 5pm and at Hyland Crossings on Thursday, December 6th at 5pm. We can't wait to see you!

Toy Drive. Bring new, unwrapped toys or a monetary donation to the office by Monday, December 10th to help underprivileged children this holiday season.



Eggnog Dip

Ingredients

1 (3.4oz) package instant vanilla pudding mix
1 cup eggnog

1 (8oz) container whipped topping

Pinch ground nutmeg

Graham crackers or ginger snaps for serving

Directions

Combine pudding mix and eggnog in a medium bowl. Fold in whipped topping and nutmeg. Cover and chill until thick. Serve with graham crackers or ginger snaps.

