

# THE SENTINEL

JANUARY 2019

## New Year, New Mission, New Values

By Meghan Davis, Director of Lifestyle Enrichment

We've been working on updating our mission statement and values using input from residents, employees, and community partners to make them more relevant to our daily work. We're excited to finally unveil them!

Our new mission, *enriching the lives of our residents through service and commitment to family and community*, is demonstrated through our actions and interactions with those we work with, care for, and partner with in our local communities.

Our values guide us in fulfilling our mission. To help us remember our values, we use the acronym CARES:  
Committed to the resident experience  
Attentive to individual needs  
Respectful to all  
Engaged in our local community  
Serve with integrity

Members of our executive team, including James Tarantino, Kristin Ferge, and Wayne Wiertzema (pictured below)

embody our servant leadership mentality and help to see it carried through to all



communities. "I hear firsthand the importance our employees make to our residents," said James. "We have a very talented group of employees, in so many different areas, and they all embody what Capri Communities is. We are a group of people that are connected and bound by a shared sense of mission and shared sense of volunteering."

## Activity Professionals Brighten Each Day

By Deborah Smith, Lifestyle Enrichment Specialist at Village Pointe Commons, Member of the Milwaukee Area Activity Professionals, Wisconsin Representative of Activity Professionals, MAAP Representative

With the fast pace of today's world, it's easy to forget the value of a few simple words. Often, we're too busy to take a break, turn to the person next to us, and thank them for their hard work. A huge thank you to all of the Lifestyle Enrichment staff members here at Capri! Their commitment to excellence and the integrity of their programs continue to enrich the lives of all of our residents every day. Happy Activity Professionals Week, January 20-26, 2019!



## Our Mission

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

## Our Values

We are...

Committed to the resident experience

Attentive to individual needs

Respectful to all

Engaged in our local community

Serve with integrity

## Lessons from *Lessila Therapy*

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

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

## Laugh Out Loud

A cruise ship passes by a remote island, and all the passengers see a bearded man running around and waving his arms wildly. "Captain," one passenger asks, "who is that man over there?" "I have no idea," the captain says, "but he goes nuts every year when we pass him."

## What's New At Capri?

### Centenarian Club

Mätterhaus resident Florence "Flo" P. (pictured below) celebrates her 100th birthday on January 24<sup>th</sup>. When asked what her secret is to a long life, Flo



replied, "Always work hard, thank your folks, be ambitious, and always do your best!" Growing up, Flo lived a simple life, helping her family with canning, cooking, and cleaning. She

plans on celebrating her birthday with her family and friends. We hope you have a fantastic birthday, Flo!

### Honoring Former President Bush

Jerry F. (pictured right, courtesy of Ed) and Ed G. from Village Pointe Commons performed a small service and lowered the flag honoring the late President George H.W. Bush.



### Hyland Campus Small-Screen Debut

Residents and family members of Hyland Campus were filmed this past November and December for a commercial about Hyland Park and Hyland Crossings. We are so thankful these residents and families were willing to take time out of their day to help us with this endeavor. If you're in the Sun Prairie area, look out for some familiar faces on ABC27 and its affiliated channels!

## Cranium Crunches

**Animals Word Changer** Remove one letter from each word below. Arrange the remaining letters to form the name of an animal. Example: TACT = CAT (when the T is removed)

- |                 |                  |
|-----------------|------------------|
| 1. BLAME _____  | 7. FLINCH _____  |
| 2. NEAT _____   | 8. VIDEO _____   |
| 3. BEAT _____   | 9. HOTTER _____  |
| 4. BRIDE _____  | 10. MAULER _____ |
| 5. TARP _____   | 11. ISLAND _____ |
| 6. REGRET _____ | 12. SPEECH _____ |

Answers 1. LAMB 2. ANT 3. BAT 4. BIRD 5. RAT 6. EGRET 7. FINCH 8. DOVE 9. OTTER 10. LEMUR 11. SNAIL 12. SHEEP

## Herbed and Marinated Cheese Snack

### Ingredients

- |   |                               |
|---|-------------------------------|
| 1 lb. mozzarella cheese, cut into 1-inch chunks | 2 tbsp. minced fresh rosemary |
| 1/2 cup sun-dried tomatoes in oil, drained      | 2 tsp. Italian seasoning      |
| 2 tsp. fresh thyme                              | 1/4 tsp. crushed red pepper   |
| 2 garlic cloves, minced                         | Crackers or bread for serving |
| 1 1/4 cups olive oil                            |                               |

### Directions

Place all ingredients in a large bowl. Toss to combine. Cover and chill overnight or longer. Serve with crackers or bread.

Makes 8-10 servings.



## Community Corner *at The Landmark & Carnegie*

**Save the Date.** The Landmark is hosting a silent auction and wine & cheese event on January 22<sup>nd</sup>. Stay tuned for more details!

**Cheerful & Bright.** Thank you all so much for a wonderful 2018. You, your families, and your friends made our year cheerful and bright; we look forward to spending 2019 with you!

